

long beach

RECREATION

C O N N E C T I O N

selected
best in the nation



March - May 2018 Class Registration Begins February 5



Long Beach Parks, Recreation and Marine

SPRING 2018



FOLLOW US ON FACEBOOK & TWITTER



We offer classes for all ages. Take our class interest survey at LBParks.org and let us know what you are interested in taking.

SUMMER DAY CAMPS

online registration starting
April 14 at 8 a.m.

Visit: www.lbparks.org

Ages 5-12 • M-F 9AM-4PM • June 18- August 24

Extended hours are available for an additional fee. Field trips are an additional cost.

AQUATICS DAY CAMPS

Belmont Junior Beach Camp Ages 5-7 \$158
Bayshore Beach Camp Ages 8-12 \$158
Bay Club Teen Camp Ages 13-15 \$123
Counselor In Training Camp Ages 14-17 \$310
562.570.1888

PEE WEE CAMP

Fees: visit www.LBParks.org
Ages 5-8
Wardlow 562.570.1705

HIGH FIVE SPORTS CAMP

Fees: visit www.LBParks.org
Pan America 562.570.1660



MAKE MEMORIES THIS SUMMER

PARK DAY CAMP

Fees: visit www.LBParks.org
El Dorado West 562.570.3225
Silverado 562.570.1675
Stearns Champions Creative Arts Camp
562-570.1685
Veterans 562.570.1695

MUSIC AND ARTS CAMP

Fees: visit www.LBParks.org
Whaley Park 562.570.1710
online registration
strongly recommended

VISIT: WWW.LBPARKS.ORG FOR FEE INFORMATION

Our enthusiastic and dedicated staff want your child to experience the endless benefits of a great summer day camp

Scholarships Are Now Available



Due to the generosity of the Rudolph J. and Daphne A. Munzer Foundation and Long Beach Judicial Partners, Partners of Parks is proud to announce the class scholarship program has been extended for 2018.

Low-income youth and foster children, ages 5 to 18, have an opportunity to receive a scholarship of \$150 per year (from July 1 – August 31) to fund classes and specialty camps through Parks, Recreation and Marine department.

Class experiences change lives and expand knowledge in education skills, the arts, health and nutrition, social skills, mobility and safety.

To support these youths, donate today to Partners of Parks, 1150 East 4th Street, Long Beach, CA 90802 or donate on-line at www.PartnersofParks.org. Click on the DONATE TODAY button, complete the information, and select the Youth Assistance program to donate. For questions or large donations, call 562-570-3209.

Partners of Parks
LONG BEACH



Parks, Recreation and Marine
thanks the following
people for their support:

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Long Beach Parks, Recreation and Marine
prohibits discrimination on the basis of race,
color, national origin, age and disability
in all of its programs.

CITY OF LONG BEACH

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web: www.LBParks.org



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About the cover: All ages can enjoy Long Beach Parks, Recreation and Marine's recreation classes. Take our Class Interest Survey at www.lbparks.org and let us know what about the classes you would like us to offer.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

All Programs and Prices Are Subject To Change

**Long Beach Parks
are Smoke Free**



To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.
Para ver esta publicación en Español, Khmer o Tagalo, visite www.lbparks.org.
“ដើម្បីមើលផ្សាយជាភាសាស្បែកខ្មែរ, ភាសាស្បែកតៃវ៉ាន់ ឬភាសាហ្វីលីពីន, សូមចូលគេហទំព័រ www.lbparks.org”
“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang www.lbparks.org.”

To opt out of receiving this “Recreation Connection” publication, please e-mail your name and mailing address to: lbparks@longbeach.gov. Visit www.lbparks.org to access the publication.

Long Beach Parks, Recreation and Marine

Free After School Program Park Sites ages 5-12

What is Your Child Doing After School?

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, movies, holiday celebrations and more.

Visit: <http://www.longbeach.gov/park/recreation-programs/programs-and-classes/after-school-programs/> for program schedules and descriptions.

Park Locations and Hours*

Admiral Kidd Park

2125 Santa Fe Ave.
570-1600
M-F 3-6 p.m.

Bixby Park

130 Cherry Ave.
570-1601
M-F 3-6 p.m.

Chavez Park

401 Golden Ave.
570-8890
M-F 3-6 p.m.

Coolidge Park

352 Neece Ave.
570-1618
M-F 3-6 p.m.

Drake Park

951 Maine Ave.
570-1625
M-F 3-6 p.m.

Houghton Park

6301 Myrtle Ave.
570-1640
M-F 3-6 p.m.

M. L. King Jr. Park

1950 Lemon Ave.
570-4405
M-F 3-6 p.m.

McBride Park

1550 M.L.King Jr. Blvd.
570-1605
M-F 3-6 p.m.

Orizaba Park

2935 E. Spaulding
570-1427
M-F 3-6 p.m.
Sa. 12-4 p.m.

Open Saturday!

Pan American Park

5157 Centralia St.
570-1660
M-F 2:30-5:30 p.m.

Ramona Park

3301 E. 65th St.
570-1665
M-F 3-6 p.m.

Seaside Park

1401 Chestnut Ave.
572-5126
M-F 3-5:30 (M-F)
Sa&Su 11 a.m.-3 p.m.

Open Sat & Sun!

Silverado Park

1545 W. 31st St.
570-1675
M-F 3-6 p.m.

Somerset Park

1500 E. Carson
570-8915
M-F 3-6 p.m.

Stearns Champions Park

4520 E. 23rd St.
570-1685
M-F 3-6 p.m.

Veterans Park

101 E. 28th St.
570-1695
M-F 2:30-5:30 p.m.

Wardlow Park

3457 Stanbridge Ave.
570-1706
M-F 3-6 p.m.

Whaley Park

5620 Atherton St.
570-1710
M-F 2:30-5:30 p.m.

*Park locations and times are subject to change

PRESCHOOL

Preschool classes give children-as young as six months old to those about to start school- opportunities to learn new skills in a fun, nurturing, social setting. Register early for classes.

ART AND CULTURAL

PEE WEE ART

An interactive art experience for toddlers and their favorite adult. Children will learn about shapes/lines/colors while exploring painting and a variety of art materials. Process oriented activities will encourage bonding, exploration and discovery. Includes time to make new friends, creative play, and group activity. Dress for fun! Guardian participation required. Cash material fee: \$15 due first date of class. Please visit: www.averyboo.com for more information. Class held at Averyboo Arts, 3908 Atlantic Ave., Long Beach. Instructor: Natalie Meza. 24838 2Yrs 6Mos-3Yrs 10Mos 3/9-3/30 11AM-12PM F \$65



COOKING

ALL ABOUT EGGS! AN EGG DYE-ING CLASS! **NEW**

Parents, leave the egg dyeing to us. Your child will have a memorable experience learning all about eggs. Kids will get a history lesson on eggs, make a delicious egg recipe, then dye a dozen eggs with many colors to choose from. Bring an apron and a plastic food storage container large enough to hold a dozen eggs. Please note any food allergies. Material fee: \$15. Instructor: A Yummy Future. Class held at El Dorado Park West. 24815 2-5Yrs 3/31 1-2:30PM Sa \$30

LIL' SPROUTS PRE-SCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Please note any food allergies. Bring your own water and apron (optional). Food and material fee: \$32. Instructor: A Yummy Future. Class held at El Dorado Park West.

24807	2-6Yrs	3/3-3/24	11:30AM-12:15PM	Sa	\$70
24813	2-6Yrs	4/7-4/28	11:30AM-12:15PM	Sa	\$70
24814	2-6Yrs	5/5-5/26	11:30AM-12:15PM	Sa	\$70

Free Youth Indoor Soccer Leagues

COED Soccer
Ages 5-8
(Born 2010-2013)

BOYS Soccer
Ages 9-14
(Born 2004-2009)

GIRLS Soccer
Ages 9-14
(Born 2004-2009)

Season begins
April 14, 2018
Sign-ups begin
March 1, 2018

Uniform Fee:\$10
scholarships available

Please call your local park to sign up

ADMIRAL KIDD	570-1600	EL DORADO WEST	570-3325	SCHERER	570-1640
BIXBY	570-1601	HOUGHTON	570-1640	SEASIDE	572-5126
CHAVEZ	570-8890	KING	570-4405	SILVERADO	570-1675
CHERRY	570-8915	MAC ARTHUR	570-1655	SOMERSET	570-8915
COLLEGE ESTATES	570-1710	MC BRIDE	570-1605	STEARNS CHAMPIONS	570-1685
COOLIDGE	570-1618	MIRACLE	619-1601	VETERANS	570-1695
DAVENPORT	570-1665	ORIZABA	570-1427	WARDLOW	570-1705
DEFOREST	577-1618	PAN AMERICAN	570-1660	WHALEY	570-1710
DRAKE	570-1625	RAMONA	570-1665		

WRAP SITES: 570-3530
BURBANK ELEMENTARY
EDISON ELEMENTARY

GARFIELD ELEMENTARY
GRANT ELEMENTARY
HERRERA ELEMENTARY

HUDSON (KINDER-8TH GRADE)
KING ELEMENTARY
LAFAYETTE ELEMENTARY

For more information and to register, check out www.teamsideline.com/longbeach

INDOOR SOCCER SEASON DATES: SATURDAYS, APRIL 14 - MAY 19, 2018

Practices held outdoors, games held indoors.

DANCE**BABY DANCE**

Help your baby develop a love for music and dance in a fun, silly and friendly environment. We will sing songs, dance, and play with instruments and the parachute and much more! This class helps to develop important socialization and gross motor skills while you bond with your little one. *No class: 3/31, 4/3, 4/4 & 4/6. Instructor: Megan Kalscheuer. Class held at Whaley Park on Tuesdays/Wednesdays/Saturdays and at College Estates Park on Fridays.

25018	6Mos-1Yr	6Mos	3/20-4/24*	10-10:45AM	Tu	\$50	WHA
25022	6Mos-1Yr	6Mos	3/21-4/25*	10-10:45AM	W	\$50	WHA
25020	6Mos-1Yr	6Mos	3/23-4/27*	10-10:45AM	F	\$50	CEP
25024	6Mos-1Yr	6Mos	3/24-4/28*	10-10:45AM	Sa	\$50	WHA
25019	6Mos-1Yr	6Mos	5/1-5/29	10-10:45AM	Tu	\$50	WHA
25023	6Mos-1Yr	6Mos	5/2-5/30	10-10:45AM	W	\$50	WHA
25021	6Mos-1Yr	6Mos	5/4-6/1	10-10:45AM	F	\$50	CEP
25025	6Mos-1Yr	6Mos	5/5-6/2	10-10:45AM	Sa	\$50	WHA

BALLET AND TAP

A fun way for children to be introduced to the world of dance. Includes simple tap and ballet routines. Instructor: Pat Dolezal. Class held at Recreation Park.

24899	3-6Yrs	3/6-4/10	11AM-12PM	Tu	\$54
24900	3-6Yrs	4/24-5/22	11AM-12PM	Tu	\$45

BALLET AND TAP FOR TOTS

This introduction to dance helps children gain confidence and have fun. Taught in a friendly way the class includes tap and ballet routines. Instructor: Pat Dolezal. Class held at Bixby Park.

24901	3-5Yrs	3/5-4/9	4:30-5:15PM	M	\$48
24902	3-5Yrs	4/23-5/21	4:30-5:15PM	M	\$42

DANCE FOR FUN

Come bond with your little one and help your child to create a love for music and dance while developing their gross motor skills in a creative, fun and friendly environment. Sing, dance, play with instruments and much more! Simple dance moves are taught to help guarantee your child's success. *No class 4/3, 4/4, 4/6 & 4/7. Instructor: Megan Kalscheuer. Class held at Whaley Park on Tuesdays/Wednesdays/Saturdays and at College Estates Park on Fridays.

25026	1Yr	6Mos-4Yrs	3/20-4/24*	9-9:45AM	Tu	\$50	WHA
25032	1Yr	6Mos-4Yrs	3/21-4/25	9-9:45AM	W	\$50	WHA
25028	1Yr	6Mos-4Yrs	3/23-4/27	9-9:45AM	F	\$50	CEP
25030	1Yr	6Mos-4Yrs	3/24-4/28	9-9:45AM	Sa	\$50	WHA
25027	1Yr	6Mos-4Yrs	5/1-5/29	9-9:45AM	Tu	\$50	WHA
25033	1Yr	6Mos-4Yrs	5/2-5/30	9-9:45AM	W	\$50	WHA
25029	1Yr	6Mos-4Yrs	5/4-6/1	9-9:45AM	F	\$50	CEP
25031	1Yr	6Mos-4Yrs	5/5-6/2	9-9:45AM	Sa	\$50	WHA

HIP HOP TOTS

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. For more information, visit: www.annepennypackerdance.com. *No class: 4/10. Instructor: Anne Pennypacker. Class held at Recreation Park.

25497	2Yrs	6Mos-5Yrs	3/20-4/24*	4-4:30PM	Tu	\$67
25498	2Yrs	6Mos-5Yrs	5/1-5/29	4-4:30PM	Tu	\$67

MUSICAL MINIS

Dance and sing on a star. This theatre class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! Tennis shoes best for class. For more information visit: www.annepennypackerdance.com. *No class: 4/10. Instructor: Anne Pennypacker. Class held at Recreation Park.

25501	2Yrs	6Mos-5Yrs	3/20-4/24*	6-6:30PM	Tu	\$67
25502	2Yrs	6Mos-5Yrs	5/1-5/29	6-6:30PM	Tu	\$67

PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: www.evelyngrauten.com. Instructor: Evelyn Grauten. Class held at Recreation Park.

24938	3-6Yrs	3/2-3/30	11-11:45AM	F	\$48
24939	3-6Yrs	5/4-6/1	11-11:45AM	F	\$48

WEBBY DANCE

Our professional and caring instructor will introduce your child to beginning ballet, and rhythm/movement. We provide age-appropriate music, fun props and an action packed class! Children will benefit by building their memory, concentration, creativity and self-confidence all in a positive atmosphere. Instructor: Webby Dance Company. Class held at El Dorado Park West.

25673	1Yr 6Mos-3Yrs	3/3-4/7	10-10:30AM	Sa	\$60
25674	3-5Yrs	3/3-4/7	10:30-11:15AM	Sa	\$60
25675	1Yr 6Mos-3Yrs	4/14-5/19	10-10:30AM	Sa	\$60
25676	3-5Yrs	4/14-5/19	10:30-11:15AM	Sa	\$60

ENRICHMENT**AMIGUITOS**

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. Material fee: \$30 (\$15 per sibling) includes crafts, digital/printable book and digital music. *No class: 4/6. For more information please visit: www.bamboleokids.com. Class held at Heartwell Park. Instructor: Susana Paniagua.

25696	2-4Yrs	3/13-4/24*	10:15-11:15AM	Tu	\$75
25697	2-4Yrs	3/15-4/26*	10:15-11:15AM	Th	\$75
25698	2-4Yrs	3/16-4/27*	10:15-11:15AM	F	\$75
25703	2-4Yrs	5/8-6/12	10:15-11:15AM	Tu	\$75
25704	2-4Yrs	5/10-6/14	10:15-11:15AM	Th	\$75
25705	2-4Yrs	5/11-6/15	10:15-11:15AM	F	\$75

AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. Material fee: \$30 (\$15 per sibling) includes crafts, books and audio CD. For more information please visit: www.bamboleokids.com. *No class: 3/31. Class held at Heartwell Park. Instructor: Priscilla Monserrate-Sanders.

25716	2-4Yrs	3/10-4/21*	10:15-11:15AM	Sa	\$75
25719	2-4Yrs	5/5-6/9	10:15-11:15AM	Sa	\$75

AMIGOS

A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/reading and conversational skill-building activities. Kids help with storytelling and each session offers different experiences. Parent participation is optional. For more information please visit: www.BamboleoKids.com. Material fee: \$30 (\$15 per sibling) includes crafts, books and audio CD. *No class: 3/31. Class held at Heartwell Park. Instructor: Priscilla Monserrate-Sanders.

25715	4-6Yrs	3/10-4/21*	11:30AM-12:30PM	Sa	\$75
25718	4-6Yrs	5/5-6/9	11:30AM-12:30PM	Sa	\$75

Preschool Classes continued

BAMBOLEO BEBE

Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music and movement, parachute play and many more age-appropriate games. For more information please visit: www.bamboleokids.com. *No class: 3/31. Class held at Heartwell Park. Instructor: Priscilla Monserrate-Sanders.

25717	10Mos-1Yr	11Mos	3/10-4/21*	9:20-10AM	Sa	\$75
25720	10Mos-1Yr	11Mos	5/5-6/9	9:20-10AM	Sa	\$75

FUN ON THE FARM

This is a get down on the ground type of class. Introducing children and their parents to farm animals: geese, ducks, cows, horses, goats, bunnies and more. We sing songs, make a fun farm craft and ride a pony each week. Parent participation is required. Please wear closed toe shoes (riding boots are best), long pants and bring a helmet. No unregistered siblings. Material fee: \$25. Class held at the El Rodeo Stables, 4449 Carbon Canyon Road, Brea. Instructor: Fun With Horses.

24922	2-6Yrs	3/2-3/23	11AM-12PM	F	\$75
24923	2-6Yrs	4/6-4/27	11AM-12PM	F	\$75
24930	2-6Yrs	5/4-5/25	11AM-12PM	F	\$75

PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited. *No class: 5/28. Instructor: Readwrite Educational Solution Inc. Class held at Bixby Knolls Park.

25549	2Yrs 4Mos-3Yrs	3/6-3/29	10:30AM-12PM	Tu Th	\$149
25550	2Yrs 4Mos-3Yrs	4/10-5/3	10:30AM-12PM	Tu Th	\$149
25567	2Yrs 4Mos-3Yrs	5/8-5/31*	10:30AM-12PM	Tu Th	\$149

READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and numer recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required 2 days per session. Material fee: \$40. *No class: 5/28. Instructor: Readwrite Educational Solution Inc. Class held at Bixby Knolls Park.

25557	4-5Yrs 6Mos	3/5-3/28	9AM-12PM	M W F	\$199
25558	4-5Yrs 6Mos	4/9-5/2	9AM-12PM	M W F	\$199
25570	4-5Yrs 6Mos	5/7-6/1*	9AM-12PM	M W F	\$199

MUSIC

KIDS LOVE MUSIC!

Come sing, dance and play with your child! Spark your child's imagination with puppets and rhythm instruments! Explore making music with drums, xylophones and glockenspiel! Your child gains tonal memory, motor skills, cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase, up to \$20. Questions: info@kidslovemusic.net. Class held at Cerritos Park East, 13234 E. 166th St., Cerritos or Mae Boyar Park, 6701 Del Amo Blvd., Lakewood. *No class: 5/28. Instructor: Karen Greeno.

25043	1-4Yrs	2/26-3/26	5-5:45PM	M	\$70	Cerritos East
25046	1-4Yrs	5/7-6/4*	5-5:45PM	M	\$56	Mae Boyar

KIDS LOVE MUSIC: BABIES!

Musical bonding time for you and your baby (not yet walking). Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development - and fun with you! Please bring a baby blanket. Adult participation required. Some materials available for purchase. Questions: info@kidslovemusic.net. Class held at Cerritos Park East, 13234 E. 166th St., Cerritos or Mae Boyar Park, 6701 Del Amo Blvd., Lakewood. *No class: 5/28. Instructor: Karen Greeno.

25044	4Mo-1Yr 2Mo	2/26-3/26	3:30-4PM	M	\$70	Cerritos East
25047	4Mo-1Yr 2Mo	5/7-6/4*	3:30-4PM	M	\$56	Mae Boyar

KIDS LOVE MUSIC: TODDLERS!

A good class for first-timers! Sing, dance and play rhythm instruments with your child. Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development and fun with you! Adult participation is required. Some materials are available for purchase. Questions: info@kidslovemusic.net. Class held at Cerritos Park East, 13234 E. 166th St. or Mae Boyar Park, 6701 Del Amo Blvd., Lakewood. *No class: 5/28. Instructor: Karen Greeno.

25045	1-2Yrs	2/26-3/26	4:15-4:45PM	M	\$70	Cerritos East
25048	1-2Yrs	5/7-6/4*	4:15-4:45PM	M	\$56	Mae Boyar

LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities, your child will develop an understanding for the components of music: rhythm, melody and imagination. *No class: 4/6 & 4/7. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

25008	2Yrs 6Mos-5Yrs	3/9-4/20*	10-10:45AM	F	\$85
25009	2Yrs 6Mos-5Yrs	3/10-4/21*	10-10:45AM	Sa	\$85
25015	2Yrs 6Mos-5Yrs	4/27-6/1	10-10:45AM	F	\$85
25016	2Yrs 6Mos-5Yrs	4/28-6/2	10-10:45AM	Sa	\$85

MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Creative music activities help speech development, motor skills and listening and concentration skills. *No class: 4/6. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

25010	1-2Yrs	3/9-4/20	9-9:45AM	F	\$75
25017	1-2Yrs	4/27-6/1	9-9:45AM	F	\$75

MUSIC AND MOVEMENT

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education. Instructor: Danuta Klimczak. Class held at College Estates Park.

25066	1Yr 8Mos-2Yrs 9Mos	3/14-4/18	10-10:50AM	W	\$79
25067	1Yr 8Mos-2Yrs 9Mos	5/2-6/6	10-10:50AM	W	\$79
25068	2Yrs 9Mos-4Yrs	3/14-4/18	11:15AM-12:05PM	W	\$79
25069	2Yrs 9Mos-4Yrs	5/2-6/6	11:15AM-12:05PM	W	\$79

SPORTS

BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer and making new friends while learning about sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first week will be practice and team assignments with the remainder of the weeks being games. Game times for 3-5 age group are at 6pm or 7pm. Instructor: TriFytt Sports. Class held at Bixby Knolls Park.

25646	2-3Yrs	3/2-4/6	4-4:30PM	F	\$89
25647	3-5Yrs	3/2-4/6	4:30-5:15PM	F	\$89
25656	3-5Yrs	3/2-4/6	5:15-6PM	F	\$89
25657	2-3Yrs	4/20-5/25	5:30-6PM	F	\$89
25658	3-5Yrs	4/20-5/25	6-6:45PM	F	\$89
25659	3-5Yrs	4/20-5/25	7-7:45PM	F	\$89

BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning about sportsmanship, sharing and teamwork. Tee Ball League is designed to introduce kids to team sports in a fun, exciting environment. Everyone receives a team shirt and medal. The first week will be practice and team assignments with the remainder of the weeks being games. Instructor: TriFytt Sports. Class held at Bixby Knolls Park.

25648	3-5Yrs	3/3-4/7	11-11:45AM	Sa	\$89
25649	3-5Yrs	3/3-4/7	12-12:45PM	Sa	\$89
25650	2-3Yrs	3/3-4/14	1-1:30PM	Sa	\$89
25660	3-5Yrs	4/14-5/19	11-11:45AM	Sa	\$89
25661	3-5Yrs	4/14-5/19	12-12:45PM	Sa	\$89
25662	2-3Yrs	4/14-5/19	1-1:30PM	Sa	\$89

D-UP TINY BALLERS

D-Up Tiny Ballers is an introductory to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20. Instructor: James Christian. Class held at Pan American Park.

24867	3-6Yrs	3/4-4/8	11-11:45AM	Su	\$70
24868	3-6Yrs	4/22-5/20	11-11:45AM	Su	\$70

HORSE FUN

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Road, Brea. Instructor: Fun With Horses.

24924	3-6Yrs	4/7-4/28	1-2PM	Sa	\$75
24925	3-6Yrs	5/5-5/26	1-2PM	Sa	\$75
24931	3-6Yrs	3/3-3/24	1-2PM	Sa	\$75

LITTLE BALLERS HOOP SCHOOL NEW

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Parent participation optional. Please bring a small ball and water. Material Fee: \$20. Classes held at Hoover Middle School, 3501 Country Club Dr., Lakewood, 90712. Instructor: B-Ballers Hoop School.

24735	3-4Yrs	3/3-3/24	11-11:45AM	Sa	\$65
24737	3-4Yrs	4/7-4/28	11-11:45AM	Sa	\$65
24738	3-4Yrs	5/5-5/26	11-11:45AM	Sa	\$65

MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages. Instructor: Skyhawks Sports Academy. Class held at Marina Vista Park.

25633	2-3Yrs 6Mos	3/6-5/1	3:30-4PM	Tu	\$155
25634	3Yrs 6Mos-5Yrs	3/6-5/1	4:15-5PM	Tu	\$155

MOMMY/DADDY AND ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. *No class: 5/26. Instructor: Kidz Love Soccer. Class held at El Dorado Park West or College Estates Park.

25049	2-3Yrs 6Mos	4/13-6/1	9:30-10AM	F	\$113	EDW
25050	2-3Yrs 6Mos	4/13-6/1	5:45-6:15PM	F	\$113	EDW
25051	2-3Yrs 6Mos	4/14-6/9*	8:45-9:15AM	Sa	\$113	EDW
25052	2-3Yrs 6Mos	4/14-6/9*	9:20-9:50AM	Sa	\$113	EDW
25053	2-3Yrs 6Mos	4/14-6/9*	9:30-10AM	Sa	\$113	CEP

MULTI SPORT

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt. Instructor: TriFytt Sports. Class held at Bixby Knolls Park.

25651	2-3Yrs	3/3-4/7	9-9:30AM	Sa	\$89
25652	1Yr 6Mos-2Yrs	3/3-4/7	9:30-10AM	Sa	\$89
25653	3-5Yrs	3/3-4/7	10-10:45AM	Sa	\$89
25663	2-3Yrs	4/14-5/19	9-9:30AM	Sa	\$89
25664	1Yr 6Mos-2Yrs	4/14-5/19	9:30-10AM	Sa	\$89
25665	3-5Yrs	4/14-5/19	10-10:45AM	Sa	\$89

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Preschool Classes continued

PARENT AND ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30am-12:30pm or Sat 10:45-11:15am. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. Instructor: Ice Management LLC.

24976	3-6Yrs	3/1-3/22	11:15-11:45AM	Th	\$45
24977	3-6Yrs	4/26-5/17	11:15-11:45AM	Th	\$45
24978	3-6Yrs	3/29-4/19	11:15-11:45AM	Th	\$45
24979	3-6Yrs	3/3-3/24	11:15-11:45AM	Sa	\$45
24980	3-6Yrs	3/31-4/21	11:15-11:45AM	Sa	\$45
24981	3-6Yrs	4/28-5/19	11:15-11:45AM	Sa	\$45

PRE SOCCER

Teaches the basic techniques of the games and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. *No class: 5/26. Instructor: Kidz Love Soccer. Class held at El Dorado Park West or College Estates Park.

25054	4-5Yrs	4/13-6/1	10:10-10:45AM	F	\$113	EDW
25055	4-5Yrs	4/13-6/1	4:30-5:05PM	F	\$113	EDW
25056	4-5Yrs	4/14-6/9*	10:30-11:05AM	Sa	\$113	EDW
25057	4-5Yrs	4/14-6/9*	10:40-11:15AM	Sa	\$113	CEP

TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt. Instructor: TriFytt Sports. Class held at El Dorado Park West.

25654	2-3Yrs	3/5-4/9	5:30-6PM	M	\$89
25655	3-5Yrs	3/5-4/9	6-6:45PM	M	\$89
25667	2-3Yrs	4/16-5/21	5:30-6PM	M	\$89
25668	3-5Yrs	4/16-5/21	6-6:45PM	M	\$89

TINY TUMBLERS GYMNASTICS I

A parent and me program for developing toddlers motor skills and body awareness. Your toddler will be introduced to all the gymnastics events (vault, bar, beam floors and rings) along with movement to music, parachutes, bubbles and more. Prerequisite: Child must be able to walk. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

24826	9Mos-2Yrs	3/6-3/27	10-10:45AM	Tu	\$60
24827	9Mos-2Yrs	4/3-4/24	10-10:45AM	Tu	\$60
24828	9Mos-2Yrs	5/8-5/29	10-10:45AM	Tu	\$60
24829	9Mos-2Yrs	3/3-3/31	9:30-10:15AM	Sa	\$60
24830	9Mos-2Yrs	4/7-4/28	9:30-10:15AM	Sa	\$60
24831	9Mos-2Yrs	5/5-5/26	9:30-10:15AM	Sa	\$60

TINY TUMBLERS GYMNASTICS II

A parent and me program for developing toddlers motor skills and body awareness. Your toddler will be introduced to all the gymnastics events (vault, bar, beam floors and rings) along with movement to music, parachutes, bubbles and more. Prerequisite: Child must be able to walk. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

24832	2-4Yrs	3/3-3/31	10:20-11:05AM	Sa	\$60
24833	2-4Yrs	4/7-4/28	10:20-11:05AM	Sa	\$60
24834	2-4Yrs	5/5-5/26	10:20-11:05AM	Sa	\$60
24835	2-4Yrs	3/6-3/27	10:50-11:35AM	Tu	\$60
24836	2-4Yrs	4/3-4/24	10:50-11:35AM	Tu	\$60
24837	2-4Yrs	5/8-5/29	10:50-11:35AM	Tu	\$60

TINY TYKES

The Tiny Tykes Curriculum makes learning soccer fun! From storytelling, creative games and even music, your child will learn from International Soccer professionals, returning home with feelings of excitement and passion for soccer! All children receive a jersey, shorts and specially designed soccer ball. Instructor: Challenger Sports. Class held at Wardlow Park.

24863	2-3Yrs	4/11-5/30	9-9:45AM	W	\$109
24864	4-5Yrs	4/11-5/30	10-10:45AM	W	\$109

TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40pm, Th 3-5:30pm or Sat 10:45-11:15am. Dress warmly. Check in early. Pre-registration required. www.therinks.com Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. Instructor: Ice Management LLC.

24982	3-6Yrs	3/1-3/22	4-4:30PM	Th	\$45
24983	3-6Yrs	3/3-3/24	10:15-10:45AM	Sa	\$45
24984	3-6Yrs	2/28-3/21	6:10-6:40PM	W	\$45
24985	3-6Yrs	3/29-4/19	4-4:30PM	Th	\$45
24986	3-6Yrs	4/26-5/17	4-4:30PM	Th	\$45
24987	3-6Yrs	3/31-4/21	10:15-10:45AM	Sa	\$45
24988	3-6Yrs	4/28-5/19	10:15-10:45AM	Sa	\$45
24989	3-6Yrs	4/25-5/16	6:10-6:40PM	W	\$45
24996	3-6Yrs	3/28-4/18	6:10-6:40PM	W	\$45

TOT ICE HOCKEY

Pre-requisite: 4 weeks in Beginning Ice Skating and upon evaluation and upon instructor/evaluation approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30pm or Sat 10:45-11:15am. Dress warmly. Check in early. Pre-registration is required. www.therinks.com Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. Instructor: Ice Management LLC.

24990	3-6Yrs	3/1-3/22	5:30-6PM	Th	\$45
24991	3-6Yrs	3/3-3/24	10:15-10:45AM	Sa	\$45
24992	3-6Yrs	3/29-4/19	5:30-6PM	Th	\$45
24993	3-6Yrs	4/26-5/17	5:30-6PM	Th	\$45
24994	3-6Yrs	3/31-4/21	10:15-10:45AM	Sa	\$45
24995	3-6Yrs	4/28-5/19	10:15-10:45AM	Sa	\$45

TOT SOCCER

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Instructor: Kidz Love Soccer. Class held at El Dorado Park West or College Estates Park.

25062	3Yrs 6Mos-4Yrs	4/13-6/1	10:10-10:45AM	F	\$113	EDW
25063	3Yrs 6Mos-4Yrs	4/13-6/1	5:05-5:35PM	F	\$113	EDW
25064	3Yrs 6Mos-4Yrs	4/14-6/9*	10-10:30AM	Sa	\$113	EDW
25065	3Yrs 6Mos-4Yrs	4/14-6/9*	10:10-10:40AM	Sa	\$113	CEP

YOUTH

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, acting, chess, math, and reading or staying fit with a variety of fitness and sport offerings such as yoga, martial arts, golf and gymnastics.

ADAPTIVE RECREATION

SPECIAL OLYMPICS "TOP FLIGHT ON ICE" **NEW**

Pre registration required. This class is specifically designed for the Special Needs Community. All will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40pm or Sat 10:45-11:15am. Dress warmly. Check in early. www.therinks.com Class held at The Rinks Lakewood, 3975 Pixie, Lakewood (Carson & Paramount). Instructor: Ice Management LLC.

24997	12Yrs+	2/28-3/21	6:10-6:40 PM	W	\$45
25000	12Yrs+	3/3-3/24	9:45-10:15 AM	Sa	\$45
24998	12Yrs+	3/28-4/18	6:10-6:40 PM	W	\$45
25001	12Yrs+	3/31-4/21	9:45-10:15 AM	Sa	\$45
24999	12Yrs+	4/25-5/16	6:10-6:40 PM	W	\$45
25002	12Yrs+	4/28-5/19	9:45-10:15 AM	Sa	\$45

COOKING

ALL ABOUT EGGS! AN EGG DYE-ING CLASS! **NEW**

Parents, leave the egg dyeing to us. Your child will have a memorable experience learning all about eggs. Kids will get a history lesson on eggs, make a delicious egg recipe, then dye a dozen eggs with many colors to choose from. Bring an apron and a plastic food storage container large enough to hold a dozen eggs. Please note any food allergies. Material fee: \$15. Instructor: A Yummy Future. Class held at El Dorado Park West.

25691	6-10Yrs	3/31	3-4:30PM	Sa	\$30
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BASIC COOKING FOR KIDS **NEW**

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen safety. Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$48. Instructor: A Yummy Future. Class held at El Dorado Park West.

24810	6-12Yrs	3/3-3/24	1-2:30PM	Sa	\$100
24811	6-12Yrs	4/7-4/28	1-2:30PM	Sa	\$100
24812	6-12Yrs	5/5-5/26	1-2:30PM	Sa	\$100

DANCE

BALLET, TAP AND JAZZ

Children will learn to dance, develop flexibility, coordination and confidence. A short routine will be taught along with basic stretches and posture. Instructor: Pat Dolezal. Class held at Bixby Park.

24903	6-13Yrs	3/5-4/9	5:15-6PM	M	\$48
24904	6-13Yrs	4/23-5/21	5:15-6PM	M	\$42

CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach. Instructor: Joaquin Feliciano.

24919	4-10Yrs	3/10-3/31	10:30-11:30AM	Sa	\$40
24915	4-10Yrs	4/7-4/28	10:30-11:30AM	Sa	\$40
24916	4-10Yrs	5/5-5/26	10:30-11:30AM	Sa	\$30

CHILDREN'S DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach. Instructor: Joaquin Feliciano.

24920	11-16Yrs	3/10-3/31	11:30AM-12:30PM	Sa	\$40
24917	11-16Yrs	4/7-4/28	11:30AM-12:30PM	Sa	\$40
24918	4-9Yrs	5/5-5/19	11:30AM-12:30PM	Sa	\$30

FUNK DANCE

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and funky! For more information visit: www.annepennypackerdance.com. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Anne Pennypacker.

25489	6-13Yrs	4/13-5/11	5:45-6:15PM	F	\$67
25490	6-13Yrs	5/18-6/15	5:45-6:15PM	F	\$67

HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.annepennypackerdance.com. *No class: 4/10 & 5/28. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos on Mondays; Recreation Park on Tuesdays and at Marina Community Center, 151 Marina Dr. Seal Beach on Thursdays. Instructor: Anne Pennypacker.

25491	5-12Yrs	3/20-4/24*	4:30-5:15PM	Tu	\$67	REC
25492	5-12Yrs	4/12-5/10	3:45-4:30PM	Th	\$67	MAR
25493	5-12Yrs	5/1-5/29*	4:30-5:15PM	Tu	\$67	REC
25494	5-12Yrs	5/17-6/14	3:45-4:30PM	Th	\$67	MAR
25495	5-12Yrs	4/9-5/7	3:45-4:30PM	M	\$67	LOS
25496	5-12Yrs	5/14-6/18	3:45-4:30PM	M	\$67	LOS

LYRICAL DANCE

Learn to express emotion through the movement of the body in this inspirational dance class. Dancers will learn the continuation of movement within choreography that fuses flowing modern movements together. For more information visit: www.annepennypackerdance.com. *No Class: 5/28. Class held at Los Alamitos Community Center, 10911 Oak, Los Alamitos. Instructor: Anne Pennypacker.

25499	6-13Yrs	4/9-5/7	5:15-6PM	M	\$67
25500	6-13Yrs	5/14-6/18*	5:15-6PM	M	\$67

Youth Classes continued

MEXICAN FOLK DANCE - BEGINNING

This class will have basic foot work to various regions of Mexico and Spain. Need dance shoes and circle skirt, hair pulled back away from face, sweats or shorts for easy movements. Att: Parents please wait outside of the Social Hall while class is in session. Shows will count as a lesson. *No class: 3/24, 3/31, 4/28, 5/5. Instructor: Irene Portillo. Class held at Veterans Park.

25542 4-12Yrs 3/10-5/19* 9-9:45AM Sa \$69

MEXICAN FOLK DANCE - PRE INTERMEDIATE

This class will have repetitive and some basic foot work to various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. No jeans or sandals allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on student's ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. *No class: 3/24, 3/31, 4/28, 5/5. Instructor: Irene Portillo. Class held at Veterans Park.

25543 6-11Yrs 3/10-5/19* 9:45-10:30AM Sa \$69

MEXICAN FOLK DANCE - INTERMEDIATE

This class will have repetitive and some basic foot work to various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. No jeans or sandals allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on student's ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. *No class: 3/24, 3/31, 4/28, 5/5. Instructor: Irene Portillo. Class held at Veterans Park.

25544 9-15Yrs 3/10-5/19* 10:30-11:15AM Sa \$68

MEXICAN FOLK DANCE - ADVANCED

This class will have repetitive and some basic foot work to various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. No jeans or sandals allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on student's ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. *No class: 3/24, 3/31, 4/28, 5/5. Instructor: Irene Portillo. Class held at Veterans Park.

25541 12-17Yrs 3/10-5/19 11:15-12:15PM Sa \$69

MUSICAL THEATRE

Calling all entertainers! Casting now. Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. For more information, visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

25503 5-12Yrs 4/11-5/9 3:45-4:30PM W \$67

25504 5-12Yrs 5/16-6/13 3:45-4:30PM W \$67

ROCKSTAR POPSTAR

C'mon boys and girls, it's time to party like a rockstar! We will learn lyrics and dance moves to our favorite pop songs and be stars! At session's end we will put on a concert not to be missed! For more information please visit: www.annepennypackerdance.com. *No class: 4/10. Instructor: Anne Pennypacker. Class held at Recreation Park on Tuesdays and at Los Alamitos Community Center, 10911 Oak St., Los Alamitos on Mondays.

25505 5-12Yrs 3/20-4/24* 5:15-6PM Tu \$67 REC

25507 5-13Yrs 4/9-5/14 4:30-5:15PM M \$67 LOS

25506 5-12Yrs 5/1-5/29 5:15-6PM Tu \$67 REC

25508 5-13Yrs 5/21-6/18 4:30-5:15PM M \$67 LOS

ENRICHMENT

ANALYZE THIS!

Never feel overwhelmed again when asked to write a response-to-literature essay about the themes, characters and symbols within a story. Become the master of mystery and doctor of drama as you learn to analyze a story before composing your response-to-literature essay. We will teach you all the steps of evidence-based writing in a positive, encouraging way. Material fee: \$28. Class is held at the Cypress Community Center, 5700 Orange Ave., Cypress. Instructor: Write On!

25689 8-12Yrs 3/6-3/27 3:30-5PM Tu \$60

25690 8-12Yrs 4/3-4/24 3:30-5PM Tu \$60

MATH DEVELOPMENT

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: 949-263-0633. Testing and material fee: \$20. *No class: 4/2, 4/3, 4/4, 4/5 & 5/28. Class held on Tuesdays and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at Bixby Knolls Park or Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. Instructor: Readwrite Educational Solution Inc.

25546 6Yrs 6Mo-11Yrs 3/26-4/25* 5:10-5:55PM MW \$79 LB Comm.

25565 6Yrs 6Mo-11Yrs 3/26-4/25* 5:10-5:55PM MW \$79 BXK

25545 6Yrs 6Mo-11Yrs 3/27-4/26* 5:10-5:55PM Tu Th \$79 HRT

25566 6Yrs 6Mo-11Yrs 5/7-6/4* 5:10-5:55PM MW \$79 BXK

25548 6Yrs 6Mo-11Yrs 5/7-6/4* 5:10-5:55PM MW \$79 LB Comm.

25547 6Yrs 6Mo-11Yrs 5/8-5/31 5:10-5:55PM Tu Th \$79 HRT

READING DEVELOPMENT

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20. *No class: 4/2, 4/3, 4/4, 4/5 & 5/28. Class held on Tuesdays and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at Bixby Knolls Park or at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. Instructor: Readwrite Educational Solution Inc.

25552 6Yrs 6Mo-11Yrs 3/26-4/25* 4:20-5:05PM MW \$79 LB Comm.

25568 6Yrs 6Mo-11Yrs 3/26-4/25* 4:20-5:05PM MW \$79 BXK

25551 6Yrs 6Mo-11Yrs 3/27-4/26* 4:20-5:05PM Tu Th \$79 HRT

25555 6Yrs 6Mo-11Yrs 4/18-5/16 4:20-5:05PM MW \$79 BXK

25553 6Yrs 6Mo-11Yrs 5/7-6/4* 4:20-5:05PM MW \$79 LB Comm.

25569 6Yrs 6Mo-11Yrs 5/7-6/4* 4:20-5:05PM MW \$79 BXK

25554 6Yrs 6Mo-11Yrs 5/8-5/31 4:20-5:05PM Tu Th \$79 HRT

25556 6Yrs 6Mo-11Yrs 5/21-6/13 4:20-5:05PM MW \$79 BXK

SOUND-START READING

Individualized to your students needs. Specially trained teachers test, structure and implement your child's program. Interactive audio lessons, skill cards, worksheets and short stories assist the student along the path of reading mastery. For more information call: 949-263-0633. Testing and material fee: \$20. *No class: 4/2, 4/3, 4/4, 4/5 & 5/28. Class held on Tuesdays and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at Bixby Knolls Park or the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. Instructor: Readwrite Educational Solution Inc.

25563 4Yrs 6Mo-7Yrs 3/26-4/25* 3:30-4:15PM MW \$79 BXK

25560 4Yrs 6Mo-7Yrs 3/26-4/25* 3:30-4:15PM MW \$79 LB Comm.

25559 4Yrs 6Mo-7Yrs 3/27-4/26* 3:30-4:15PM Tu Th \$79 HRT

25561 4Yrs 6Mo-7Yrs 5/7-6/4* 3:30-4:15PM MW \$79 LB Comm.

25564 4Yrs 6Mo-7Yrs 5/7-6/4* 3:30-4:15PM MW \$79 BXK

25562 4Yrs 6Mo-7Yrs 5/8-5/31 3:30-4:15PM Tu Th \$79 HRT

MUSIC**EXPLORING INSTRUMENTS**

Want to play music but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. *No class: 4/4. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

25003	7-11Yrs	3/7-4/18*	4-4:50PM	W	\$90
25011	7-11Yrs	4/25-5/30	4-4:50PM	W	\$90

GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Please note class is taught on electronic keyboards. *No class: 4/3. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

25004	7-12Yrs	3/6-4/17*	4-4:50PM	Tu	\$95
25012	7-12Yrs	4/24-5/29	4-4:50PM	Tu	\$95

JAMMIN' MUSIC GLEE CLUB

Participants will have a blast singing group renditions of pop and rock songs while also learning proper vocal technique (breathing, warm-ups, pitch and more), light choreography and stage blocking. Class will conclude with a live performance. *No class: 4/5. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

25005	7-14Yrs	3/22-5/31*	4:30-5:30PM	Th	\$135
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KEYBOARD KIDS

Learn to play piano in a fun and supportive atmosphere. Rhythm, note recognition and proper keyboard technique will be taught as well as simple melodies. Concepts are reinforced through musical games and activities to keep children actively engaged in the learning process. *No class: 4/3 & 4/7. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

25006	5-6Yrs	3/6-4/17*	3-3:50PM	Tu	\$95
25007	5-6Yrs	3/10-4/21*	11-11:50AM	Sa	\$95
25013	5-6Yrs	4/24-5/29	3-3:50PM	Tu	\$95
25014	5-6Yrs	4/28-6/2	11-11:50AM	Sa	\$95

SPORTS**B-BALLERS HOOP SCHOOL**

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. *two classes held on 5/20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. Instructor: B-Ballers Hoop School.

24733	5-8Yrs	3/4-3/25	3-3:45 PM	Su	\$65
24734	5-8Yrs	4/8-4/29	3-3:45 PM	Su	\$65
24736	5-8Yrs	5/6-5/20*	3-3:45 PM	Su	\$65

B-BALLERS BASKETBALL GAME TIME NEW

Allowing the kids to play team basketball against each other will help them develop teamwork, confidence, and fundamental basketball game skills. Participants will play half and full court games against each other on teams. B-Ballers Hoops Coaches will officiate all games. Material (Jersey) Fee: \$20. Classes held at Hoover Middle School – 3501 Country Club Dr., Lakewood 90712. Instructor: B-Ballers Hoop School.

24739	5-12Yrs	3/3-3/24	12:30-2 PM	Sa	\$75
24740	5-12Yrs	4/7-4/28	12:30-2 PM	Sa	\$75
24741	5-12Yrs	5/5-5/26	12:30-2 PM	Sa	\$75

BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40pm, Th 3-5:30pm or Saturday 10:45-11:15am. Dress warmly. Check in early. Preregistration required. www.therinks.com Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. Instructor: Ice Management LLC.

24955	7-14Yrs	2/28-3/21	6:40-7:10PM	W	\$45
24956	7-14Yrs	3/28-4/18	6:40-7:10PM	W	\$45
24957	7-14Yrs	4/25-5/16	6:40-7:10PM	W	\$45
24958	7-14Yrs	3/1-3/22	4:30-5PM	Th	\$45
24959	7-14Yrs	3/29-4/19	4:30-5PM	Th	\$45
24960	7-14Yrs	4/26-5/17	4:30-5PM	Th	\$45
24961	7-14Yrs	3/3-3/24	11:15-11:45AM	Sa	\$45
24962	7-14Yrs	3/31-4/21	11:15-11:45AM	Sa	\$45
24963	7-14Yrs	4/28-5/19	11:15-11:45AM	Sa	\$45

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20. Instructor: James Christian. Class held at Pan American Park.

24865	7-14Yrs	3/4-4/8	12-1 PM	Su	\$70
24866	7-14Yrs	4/22-5/20	12-1 PM	Su	\$70

GYMNASTICS - BEGINNING

This class teaches the fundamentals of the four Olympic artistic gymnastics events - Floor Exercise, Uneven Para Bars, Balance Beam and Vaulting Table. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach. Instructor: Wilson High School Gymnastics Coach Cheryl Milgrom.

25103	6-17Yrs	3/6-3/27	5-5:50PM	Tu	\$48
25104	6-17Yrs	4/3-4/24	5-5:50PM	Tu	\$48
25105	6-17Yrs	5/1-5/22	5-5:50PM	Tu	\$48
25106	6-17Yrs	3/1-3/22	5-5:50PM	Th	\$48
25107	6-17Yrs	4/5-4/26	5-5:50PM	Th	\$48
25108	6-17Yrs	5/3-5/24	5-5:50PM	Th	\$48

GYMNASTICS - INTERMEDIATE

This class teaches the fundamentals of the four Olympic artistic gymnastics events - Floor Exercise, Uneven Para Bars, Balance Beam and Vaulting Table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach. Instructor: Wilson High School Gymnastics Coach Cheryl Milgrom.

25109	6-17Yrs	3/1-3/27	6-6:50PM	Tu Th	\$84
25110	6-17Yrs	4/3-4/26	6-6:50PM	Tu Th	\$84
25111	6-17Yrs	5/1-5/24	6-6:50PM	Tu Th	\$84

GYMNASTICS - ADVANCED

This class teaches the fundamentals of the four Olympic artistic gymnastics events - Floor Exercise, Uneven Para Bars, Balance Beam and Vaulting Table. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach. Instructor: Wilson High School Gymnastics Coach Cheryl Milgrom.

25100	6-17Yrs	3/1-3/27	6:45-8:15PM	Tu Th	\$120
25101	6-17Yrs	4/3-4/26	6:45-8:15PM	Tu Th	\$120
25102	6-17Yrs	5/1-5/24	6:45-8:15PM	Tu Th	\$120

Youth Classes continued

GYMNASTICS- BEGINNING I

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastic events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and their performance in other sports and activities. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

24817	4-12Yrs	3/6-3/27	3:45-4:30PM	Tu	\$65
24818	4-12Yrs	4/3-4/24	3:45-4:30PM	Tu	\$65
24819	4-12Yrs	5/8-5/29	3:45-4:30PM	Tu	\$65

GYMNASTICS- BEGINNING I/II

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastic events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and their performance in other sports and activities. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

24820	4-12Yrs	3/3-3/31	11:15-12PM	Sa	\$65
24821	4-12Yrs	4/7-4/28	11:15-12PM	Sa	\$65
24822	4-12Yrs	5/5-5/26	11:15-12PM	Sa	\$65

GYMNASTICS- INTERMEDIATE

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastic events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and their performance in other sports and activities. Intermediate prerequisite: ability to perform cartwheel, pull up and vault squat on. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

24823	6-17Yrs	3/6-3/27	4:30-5:30PM	Tu	\$65
24824	6-17Yrs	4/3-4/24	4:30-5:30PM	Tu	\$65
24825	6-17Yrs	5/8-5/29	4:30-5:30PM	Tu	\$65

HORSE FUN

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Road, Brea. Instructor: Fun With Horses.

24926	7-12Yrs	4/7-4/28	2-3 PM	Sa	\$75
24927	7-12Yrs	5/5-5/26	2-3 PM	Sa	\$75
24932	7-12Yrs	3/3-3/24	2-3 PM	Sa	\$75

ICE HOCKEY

Prerequisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey, no sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30pm or Sat 10:45-11:15am. Dress warmly. Check in early. Preregistration is required. www.therinks.com Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. Instructor: Ice Management LLC.

24964	7-18Yrs	3/1-3/22	5:30-6PM	Th	\$45
24965	7-18Yrs	3/29-4/19	5:30-6PM	Th	\$45
24966	7-18Yrs	4/26-5/17	5:30-6PM	Th	\$45
24967	7-18Yrs	3/3-3/24	11:15-11:45AM	Sa	\$45
24968	7-18Yrs	3/31-4/21	11:15-11:45AM	Sa	\$45
24969	7-18Yrs	4/28-5/19	11:15-11:45AM	Sa	\$45

INDOOR VOLLEYBALL

Like volleyball? Trying to make your school team? Want to practice your setting? Want to get better or just play to have fun? Here is your chance! Learn the rules and improve your skills through drills and scrimmages. Walk in fee available. *No class 4/1, 5/13 & 5/27. Instructor: Phil Martin. Class held at Pan American Park.

25096	10-17Yrs	3/11-5/20	4:30-6PM	Su	\$36
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JUJITSU

Self defense for children. Students learn throws, locks, and holds and develop listening, coordination, and confidence. One on one instruction for beginners and advanced students. For more information please visit: www.LakewoodBudoKai.com. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. *No class: 5/28. Instructor: James Kelt-on. Class held at Stearns Champions Park.

25037	6-12Yrs	3/5-3/30	5:30-6:30PM	M W F	\$45
25038	6-12Yrs	4/2-4/30	5:30-6:30PM	M W F	\$45
25039	6-12Yrs	5/2-5/30*	5:30-6:30PM	M W F	\$45

KARATE

This traditional Japanese Karate retains all traditions of ancient art. The philosophy and rules of Karate will help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. *No class: 5/28. Instructor: Jony Martinez. Class held at Cesar Chavez Park.

25093	5-12Yrs	3/2-3/30	6-7:15PM	M W F	\$75
25094	5-12Yrs	4/2-4/30	6-7:15PM	M W F	\$75
25095	5-12Yrs	5/2-5/30*	6-7:15PM	M W F	\$75

MIXED MARTIAL ARTS-WHITE BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

25577	6-17Yrs	3/1-3/30	6-7 PM	Th F	\$50
25578	6-17Yrs	4/5-4/27	6-7 PM	Th F	\$50
25579	6-17Yrs	5/3-5/31	6-7 PM	Th F	\$50

MIXED MARTIAL ARTS-UPPER BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

25574	6-17Yrs	3/1-3/30	7-8 PM	Th F	\$50
25575	6-17Yrs	4/5-4/27	7-8 PM	Th F	\$50
25576	6-17Yrs	5/3-5/31	7-8 PM	Th F	\$50

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 4/13 & 4/14. Instructor: Antonio Silva. Class held at Bixby Park.

25638	7-17Yrs	3/2-3/31	6-7 PM	F Sa	\$40
25639	7-17Yrs	4/6-4/28*	6-7 PM	F Sa	\$40
25640	7-17Yrs	5/4-5/26	6-7 PM	F Sa	\$40

Youth Classes continued

SKATEBOARDING

Whether you're just learning or ready to learn advanced tricks, this class is right for you! Make new friends, advance your skills and most importantly have fun in our private skatepark! Requirements: a signed Skat-edogs waiver form, a skateboard, elbow pads, knee pads and a helmet. *No class: 3/31. Instructor: Adam Cohen. Class held at Heartwell Park.

24869	5-13Yrs	3/10-4/14	9-10:30AM	Sa	\$125
24870	5-13Yrs	4/21-5/19	9-10:30AM	Sa	\$125

SOCCER 1- TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and more. Fun skill games are played at every session and each participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. *No class: 5/26. Instructor: Kidz Love Soccer. Class held at El Dorado Park West or College Estates Park.

25058	5-6Yrs	4/13-6/1	3:45-4:30PM	F	\$113	EDW
25059	5-6Yrs	4/14-6/9*	11:05-11:50AM	Sa	\$113	EDW
25060	5-6Yrs	4/14-6/9*	11:15-12PM	Sa	\$113	CEP

SOCCER 2- SKILLZ AND SCRIMMAGES

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required. Each participant receives a soccer jersey. *No class: 5/26. Instructor: Kidz Love Soccer. Class held at College Estates Park.

25061	7-10Yrs	4/14-6/9*	12-12:45PM	Sa	\$113
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TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt. Instructor: TriFyft Sports. Class held at El Dorado Park West.

25666	5-7Yrs	3/5-4/9	7-7:45PM	M	\$89
25669	5-7Yrs	4/16-5/21	7-7:45PM	M	\$89

TRADITIONAL KARATE - BEGINNING TO INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Free uniform for first time students. *No class: 3/31. Instructor: David Crockett. Class held at El Dorado Park West on Saturday and at Recreation Park on Wednesday.

24875	5-15Yrs	3/3-5/19*	10-11 AM	Sa	\$130	EDW
24876	5-15Yrs	3/7-5/30	4:30-5:30PM	W	\$130	REC

TRADITIONAL KARATE - INTERMEDIATE TO ADVANCED

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday. *No class: 3/31. Instructor: David Crockett. Class held at El Dorado Park West on Saturday and at Recreation Park on Wednesday.

24878	5Yrs and up	3/3-5/19*	9-10AM	Sa	\$140	EDW
24877	5Yrs and up	3/7-5/30	5:30-6:15PM	W	\$140	REC



LONG BEACH FIRE DEPARTMENT JUNIOR LIFEGUARD PROGRAM

The Junior Lifeguard Program offers students ages 9-17 the opportunity to receive instruction in lifeguard rescue techniques, first aid, ocean sports, physical conditioning, and marine ecology, along with CPR certification. This program gives students the experience they need for future careers as lifeguards or in various public service professions.

All aspects of beach activity will be explored from beach running to skin diving during this six week course. The Junior Lifeguard Program ends each summer with the Ironguard event, which allows students to see the progress they have made while pushing themselves to achieve a difficult goal.

Program cost: \$460

**2018 Program Dates:
June 25th to August 3rd**



**Tryout Requirements:
100-yard swim in under two minutes**

For more information please visit www.longbeachJGs.com,
email LBJG@longbeach.gov or call 562-536-7807

TEENS

ADAPTIVE RECREATION

SPECIAL OLYMPICS "TOP FLIGHT ON ICE" **NEW**

Pre-registration required. This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40pm or Sat 10:45-11:15am. Dress warmly. Check in early. www.therinks.com Class held at The Rinks Lakewood, 3975 Pixie, Lakewood (Carson & Paramount). Instructor: Ice Management LLC.

24997	12Yrs+	2/28-3/21	6:10-6:40 PM	W	\$45
25000	12Yrs+	3/3-3/24	9:45-10:15 AM	Sa	\$45
24998	12Yrs+	3/28-4/18	6:10-6:40 PM	W	\$45
25001	12Yrs+	3/31-4/21	9:45-10:15 AM	Sa	\$45
24999	12Yrs+	4/25-5/16	6:10-6:40 PM	W	\$45
25002	12Yrs+	4/28-5/19	9:45-10:15 AM	Sa	\$45

ART & CULTURAL



BEYOND BEGINNING PHOTOGRAPHY

Learn to make photographs with improved color, detail, and sharpness. Topics include exposure, white balance, flash, photographs close-up, and low light. You'll receive help from the instructor at the afternoon field session on Saturday, March 31st. Bring your digital camera (with adjustable shutter and aperture) and owner's manual. Material fee: \$5. Instructor: Craig Fucile. Class held at El Dorado Park West.

24921	16Yrs+	3/5-4/2	7-9 PM	M	\$55
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PORTRAIT WORKSHOP

Come draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil, charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided. Model fee: \$5 each class. Also one time \$5 material fee payable to instructor at the first day of class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). *No class 5/12. Instructor: Ying Liu.

25070	16Yrs+	4/7-6/2*	9AM-12 PM	Sa	\$80
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TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING



Have you ever wanted to create a nice painting from your photos - from a trip or of your family/friends? Students will observe and participate in the complete process of creating a painting from photos. The instructor will demonstrate how a painting is developed in oil, primarily, but also in

watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). Instructor: Ying Liu.

25071	16Yrs+	4/11-5/9	6:30-9:30 PM	W	\$86
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COOKING



BASIC COOKING FOR TEENS **NEW**

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$48. Instructor: A Yummy Future. Class held at El Dorado Park West.

24806	12-17Yrs	3/3-3/24	3-4:30 PM	Sa	\$100
24808	12-17Yrs	4/7-4/28	3-4:30 PM	Sa	\$100
24809	12-17Yrs	5/5-5/26	3-4:30 PM	Sa	\$100

ENRICHMENT

DRIVER'S EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included. Instructor: All Good Driving School, Inc.

24727	14-18Yrs	3/1-3/31	\$40
24728	14-18Yrs	4/1-4/30	\$40
24729	14-18Yrs	5/1-5/31	\$40

FASHION MAKEUP - A TWO PART SERIES

Part One: "Creating the Classic Face" Designed for beginners, learn the fundamentals of fashion makeup while creating the "Classic Face", a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques



taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimis@yahoo.com. *No class: 1/15. Instructor: Rodolfo Nimis. Class held at Heartwell Park.

25480	16Yrs+	3/5-3/12	6:30-8:30 PM	M	\$66
25481	16Yrs+	3/26-4/9*	6:30-8:30 PM	M	\$66
25482	16Yrs+	4/16-4/23	6:30-8:30 PM	M	\$66
25483	16Yrs+	5/7-5/14	6:30-8:30 PM	M	\$66

RESUME WRITING

A resume is much more than a checklist of activities and achievements. It's an opportunity to tell your story! That story can help you land an internship, get into college, and win scholarships. This workshop shows high school and college students how to organize their information, write about their experiences, and properly format. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Alison Cotter.

24874	15-26Yrs	3/7-3/14	6-8 PM	W	\$50
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SPORTS

B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. *two classes held on 5/20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. Instructor: B-Ballers Hoop School.

24732	9-16Yrs	3/4-3/25	4-5:15 PM	Su	\$65
24731	9-16Yrs	4/8-4/29	4-5:15 PM	Su	\$65
24730	9-16Yrs	5/6-5/20	4-5:15 PM	Su	\$65

MUSIC

GUITAR - LEVEL I

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5. *No class: 3/28. Class held at Whaley Park. Instructor: Daniel Howe.

24742	15+Yrs	3/14-4/18	7:35-8:35 PM	W	\$65
24744	15+Yrs	5/2-5/30	7:35-8:35 PM	W	\$65

GUITAR - LEVEL II

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee \$5. *No class: 3/14. Class held at Whaley Park. Instructor: Daniel Howe.

24743	15+Yrs	3/14-4/18	8:40-9:40 PM	W	\$65
24745	15+Yrs	5/2-5/30	8:40-9:40 PM	W	\$65

UKULELE

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2. Instructor: Hoku Bray. Class held at Stearns Champions Park.


24850	16-76Yrs	4/17-5/22	7-8 PM	Tu	\$65
24853	16-76Yrs	3/6-4/10	7-8 PM	Tu	\$65

recreational activities • tournaments • fitness classes •

• homework assistance • meet new friends •

Teen Centers

**Freeman Community
Houghton Park
Cesar Chavez Park
Mc Bride Park
Silverado Park**



Long Beach Parks, Recreation
and Marine
www.lbparcs.org

• volunteer opportunities • meet new friends • recreational activities • tournaments • fitness classes •

ADULTS

ADAPTIVE RECREATION

SPECIAL OLYMPICS "TOP FLIGHT ON ICE" **NEW**

Pre-registration required. This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40pm or Sat 10:45-11:15am. Dress warmly. Check in early. www.therinks.com Class held at The Rinks Lakewood, 3975 Pixie, Lakewood (Carson & Paramount). Instructor: Ice Management LLC.

24997	12Yrs+	2/28-3/21	6:10-6:40PM	W	\$45
25000	12Yrs+	3/3-3/24	9:45-10:15AM	Sa	\$45
24998	12Yrs+	3/28-4/18	6:10-6:40PM	W	\$45
25001	12Yrs+	3/31-4/21	9:45-10:15AM	Sa	\$45
24999	12Yrs+	4/25-5/16	6:10-6:40PM	W	\$45
25002	12Yrs+	4/28-5/19	9:45-10:15AM	Sa	\$45

STEP OUT AND SOCIALIZE

Teens and adults with high functioning disabilities can get out in the community and have fun while socializing with peers. Members must be verbal, follow simple directions and stay with a group. Be advised that music may be played during activities and participants need to be capable of engaging in activities. After the first meeting at the park the instructor will indicate where members are to meet for future destinations. Any questions or concerns, please do not hesitate to contact the instructor. *No class: 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/28, 5/5 & 5/12. Instructor: Kristin Abadjian. Class held at Stearns Champions Park.

24355	13-27Yrs	3/3-5/19*	1-4PM	Sa	\$54
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ART AND CULTURAL



AMAZING ART

Acrylic painting. Never painted before? Bring an 8x10 color picture and an 8x10 black & white paper copy of the same picture that you would like to paint. Learn painting & art techniques. Surprise yourself! Please no portraits or abstract pictures for beginners. Advanced artists

are welcome too. All materials furnished by instructor. Material fee: \$20. Instructor: Mary Crowder. Class held at Heartwell Park.

24883	10Yrs+	3/8-3/29	7-9PM	Th	\$45
24889	10Yrs+	5/10-5/31	7-9PM	Th	\$45

ARTIST GROUP

Come join other artists. All medias welcomed. Bring your own art supplies. Share tips with other artists. Fun, enthusiasm, and encouragement. Room has excellent light. Fee per person, per class. Instructor: Mary Crowder. Class held at College Estates Park on Tuesdays and at Heartwell Park on Thursdays.

24887	10Yrs+	3/6-3/27	10AM-1PM	Tu	\$5	CEP
24885	10Yrs+	3/8-3/29	7-9PM	Th	\$5	HRT
24888	10Yrs+	5/1-5/29	10AM-1PM	Tu	\$5	CEP
24886	10Yrs+	5/10-5/31	7-9PM	Th	\$5	HRT

BEGINNING SEWING - THE APRON

Make an apron and optional potholder while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit www.sewvacld.com for supply list. Students 16-17 years old must be accompanied by an enrolled adult. *No class: 4/13. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Inc.

25601	18Yrs+	3/8-4/5	6:30-9PM	Th	\$55
25602	18Yrs+	3/30-5/4*	2-4:30PM	F	\$55

BEGINNING SEWING - THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit www.sewvacld.com for supply list. *No class: 3/21, 4/11 & 4/18. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Inc.

25603	18Yrs+	3/7-5/2*	6-9PM	W	\$69
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BEYOND BEGINNING PHOTOGRAPHY

Learn to make photographs with improved color, detail, and sharpness. Topics include exposure, white balance, flash, photographs close-up, and low light. You'll receive help from the instructor at the afternoon field session on Saturday, March 31st. Bring your digital camera (with adjustable shutter and aperture) and owner's manual to class. Material fee: \$5. Instructor: Craig Fucile. Class held at El Dorado Park West.

24921	16Yrs+	3/5-4/2	7-9PM	M	\$55
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BEYOND BEGINNING SEWING - THE TOP OR BOTTOM

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit www.sewvacld.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Inc.

25604	18Yrs+	4/26-5/10	6-9PM	Th	\$45
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CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$25. *No class: 4/1. Instructor: Anita Sinclair. Class held at DeForest Park.

25624	18Yrs+	3/4-4/29*	12:30-3:30PM	Su	\$50
25622	18Yrs+	3/5-4/23	9AM-12PM	M	\$50
25628	18Yrs+	3/7-4/25	6-9PM	W	\$50
25627	18Yrs+	5/6-5/27	12:30-3:30PM	Su	\$25
25623	18Yrs+	5/7-5/28	9AM-12PM	M	\$25
25629	18Yrs+	5/9-5/30	6-9PM	W	\$25

Adult Classes continued

DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more. Instructor: Anita Sinclair. Class held at Bixby Park.

25630	18Yrs+	3/5-4/23	12:30-3:30PM	M	\$50
25631	18Yrs+	5/7-5/28	12:30-3:30PM	M	\$25



FAST QUILT

Spring is here. A perfect time to learn how to quilt using your sewing machine. Come make new friends and learn how to quilt. Material list at first meeting. Must bring your own sewing machine to class. Instructor: Sandra Szladek. Class held at Wardlow Park.

25644	16Yrs+	2/28-4/4	6:30-9PM	W	\$33
25645	16Yrs+	4/11-5/23	6:30-9PM	W	\$38

ILLUSTRATIVE WATERCOLOR

Explore inventive watercolor techniques used to create illustrations and fine art with an award winning painter who's fluent in both adaptations. No experience necessary; some drawing ability useful. You will learn flat wash, gradient, salt wash, photo transfer and many other techniques. Please note: \$20 materials fee payable in cash at first meeting. Instructor: Moira Hahn. Class held at El Dorado Park West.

24949	18Yrs+	4/8-4/29	10AM-12PM	Su	\$75
25692	18Yrs+	5/6-5/27	10AM-12 PM	Su	\$75

KNITTING AND CROCHET - BEGINNING AND BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: \$20-\$30. *No class: 5/22. Class held at Alamitos Bay Yarn Company, 174 Marina Dr., Long Beach. Instructor: Sandra Carter.

24854	18Yrs+	3/6-3/27	6-7:30PM	Tu	\$55
24855	18Yrs+	4/3-4/24	6-7:30PM	Tu	\$55
24856	18Yrs+	5/1-5/29	6-7:30PM	Tu	\$55

NUTS AND BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. *No class: 4/2 & 4/16. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Inc.

25605	18Yrs+	3/12-4/30*	6-9PM	M	\$69
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OIL PAINTING

Representational oil painting from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills. *No class: 4/1. Instructor: Anita Sinclair. Class held at Bixby Park.

25626	18Yrs+	3/4-4/29*	9AM-12PM	Su	\$50
25632	18Yrs+	5/6-5/27	9AM-12PM	Su	\$25

PORTRAIT WORKSHOP

Come draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil, charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided. Model fee: \$5 each class. Also one time \$5 material fee payable to instructor at the first day of class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). *No class 5/12. Instructor: Ying Liu.

25070	16Yrs+	4/7-6/2*	9AM-12PM	Sa	\$80
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SEWING -- TRY IT, YOU'LL LIKE IT

If you have always wanted to try your hand at sewing, but are not sure if it's for you, this class is just the ticket. We will provide almost everything you need to make a mug rug (including instruction, colorful fabric, thread, sewing machines and irons). Please visit www.sewvac ltd.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Inc.

25606	18Yrs+	3/17	1-4PM	Sa	\$40
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SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: www.sewvac ltd.com to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Inc.

25607	18Yrs+	3/10	1:30-4:30PM	Sa	\$30
25608	18Yrs+	4/21	1:30-4:30PM	Sa	\$30
25609	18Yrs+	5/5	1:30-4:30PM	Sa	\$30
25610	18Yrs+	3/20	6-9PM	Tu	\$30

SKETCHING & JOURNALING FOR TRAVELERS

Develop the artistic skills to transform your next day-trip or safari into a treasured work of art! Plein-air, vignettes, frottage, collage, and pop-up projects for creative sketch journalists. Different projects for each session. Please note: \$20 materials fee payable in cash at first meeting. Class held at El Dorado Park West. Instructor: Moira Hahn.

25694	18Yrs+	4/8-4/29	2-4PM	Su	\$75
25695	18Yrs+	5/6-5/27	2-4PM	Su	\$75

Adult Classes continued

TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Have you ever wanted to create a painting from your photos of a trip or your family/friends? Students will observe and participate in the process of creating a painting from photos. The instructor will demonstrate how a painting is developed in oil, primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). Instructor: Ying Liu.

25071	16Yrs+	4/11-5/9	6:30-9:30PM	W	\$86
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CAREER ENRICHMENT

VOICE OVERS - NOW IS YOUR TIME!

You've heard Wendy Shapero on TV! (Robot Chicken with Seth Green, Cartoon Network shows, etc.) Now hear Wendy live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before. Instructor: Such A Voice. Class held at El Dorado Park West.

25643	18Yrs+	5/2	6:30-8:30PM	W	\$45
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CAREER EXPLORATION

Uncover your interests to make better career choices. Learn how your existing skills transfer to other professions. A variety of assessments will be provided to get to know yourself better as it relates to work. Please bring a pen and paper for exercises and notes. Material fee: \$8. Class held at Cherry Park. Instructor: Victoria Westerskov.

25733	18Yrs+	5/8-5/22	7-9PM	Tu	\$84
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COMPUTERS

IPHONES, iPADS, I'M LOST

There is so much more to do with an iPhone and iPad besides making phone calls. Learn how to add apps, access hidden features, use the camera, check your backups and more. This class is for Apple models only. Workbook material fee: \$20. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Robert Cohen.

24871	18Yrs+	5/15	9AM-12PM	Tu	\$42
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IPHONES, iPADS, iCloud - BEYOND THE BASICS

Go beyond basic functions and learn how to manage settings and your iCloud account for syncing contacts, calendars, notes and storing photos. Material fee: \$20. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Robert Cohen.

24872	18Yrs+	5/17	9AM-12PM	Th	\$42
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SOCIAL NETWORKING FOR BEGINNERS

This workshop is designed to give you an understanding of the popular social network sites, how each one differs and how to use to the best advantage. We'll cover privacy, sharing, what a "friend" is, how to follow, share, like and more. Workbook material fee: \$20. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Robert Cohen.

24873	18Yrs+	5/15	6:30-9:30PM	Tu	\$42
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DANCE

2 STEP AND SWING

Grab your boots and learn the latest country dance patterns. You'll also swing in this class. No partner or experience needed. Class held at the Wingart Senior Center, 5220 Oliva Ave., Lakewood. Instructor: Janet Karter.

24785	18Yrs+	3/28-5/2	7-8PM	W	\$34
24786	18Yrs+	5/9-5/23	7-8PM	W	\$17
24791	18Yrs+	2/14-3/21	7-8PM	W	\$34

ADULT HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

25487	18Yrs+	4/18-5/9	6:30-7:15PM	W	\$57
25488	18Yrs+	5/16-6/13	6:30-7:15PM	W	\$67



ADULT JAZZ

Class will begin with floor warm ups and then speed up with various styles of jazz combinations, movements and a fun routine! For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

25512	18Yrs+	4/12-5/10	8-8:45PM	Th	\$67
25513	18Yrs+	5/17-6/14	8-8:45PM	Th	\$67

ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class. Instructor: Mildred Caudillo. Class held at El Dorado Park West.

24857	18Yrs+	3/2-3/30	10-11:15AM	F	\$10
24858	18Yrs+	4/6-4/27	10-11:15AM	F	\$10
24859	18Yrs+	5/4-5/25	10-11:15AM	F	\$10

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class. Instructor: Mildred Caudillo. Class held at Wardlow Park.

24860	18Yrs+	3/2-3/30	6:45-8:30PM	F	\$10
24861	18Yrs+	4/6-4/27	6:45-8:30PM	F	\$10
24862	18Yrs+	5/4-5/25	6:45-8:30PM	F	\$10

BEGINNING TAP WITH PAT

A fun way to build coordination and rhythm. Also a good way to relieve stress while staying in shape. A short routine will be taught along with the basics. Instructor: Pat Dolezal. Class held at Recreation Park.

24905	18Yrs+	3/8-4/12	6:30-7:15PM	Th	\$48
24906	18Yrs+	4/26-5/24	6:30-7:15PM	Th	\$42

Adult Classes continued

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15pm, intermediate meets at 7:30PM and advanced meets at 8:45PM. Instructor: Fahtiem. Class held at Wardlow Park.

24909	14Yrs+	3/12-4/9	6:15-7:15PM	M	\$39
24911	14Yrs+	3/12-4/9	7:30-8:30PM	M	\$39
24913	14Yrs+	3/12-4/9	8:45-9:45PM	M	\$39
24910	14Yrs+	4/23-5/21	6:15-7:15PM	M	\$39
24912	14Yrs+	4/23-5/21	7:30-8:30PM	M	\$39
24914	14Yrs+	4/23-5/21	8:45-9:45PM	M	\$39

CONTINUING TAP WITH PAT

This class goes beyond the basics and is for those who have some experience with tap. You will learn challenging new steps and combinations. Instructor: Pat Dolezal. Class held at Recreation Park.

24907	18Yrs+	3/8-4/12	7:30-8:15PM	Th	\$48
24908	18Yrs+	4/26-5/24	7:30-8:15PM	Th	\$42

HULA BEGINNING

Aloha Mai. This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil & paper to the first class meeting. Instructor: Hoku Bray. Class held at Stearns Champions Park.

24851	25-66Yrs	3/6-4/3	6-7PM	Tu	\$65
24852	25-66Yrs	4/17-5/22	6-7PM	Tu	\$65



LINE DANCING

This class is sure to bring out the country in you. Come and meet new people. No partner or experience needed. Line dancing is fun to do at parties. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood. Instructor: Janet Karter.

24787	18Yrs+	3/28-5/2	6-7PM	W	\$34
24788	18Yrs+	5/9-5/23	6-7PM	W	\$17
24792	18Yrs+	2/14-3/21	6-7PM	W	\$34

WEDDING SURVIVAL

Whether getting married, mother/son, father/daughter or simply attending a wedding, this class will prepare you to look your best on the dance floor! For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

25511	18Yrs+	4/12-5/3	6:45-7:15PM	Th	\$48
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WEST COAST, NIGHTCLUB AND MORE!

This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! With fun music from blues to big band, to popular fast music of today, you will be a star on all the dance floors! For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

25509	18Yrs+	4/18-5/9	7:15-8PM	W	\$57
25510	18Yrs+	5/16-6/13	7:15-8PM	W	\$67

DOG TRAINING

BEGINNING DOG OBEDIENCE

Help your dog develop respect for you and become a reliable, well-mannered member of your family without the use of food in your training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercises and behavior problem solving. Trophies and certificates awarded at graduation. First meeting without dogs. Bring shot records and lawn chair. For more information please visit: www.dogclassinfo.com or (714) 532-3647. Material fee: \$10. Instructor: Dog Services Unlimited. Class held at El Dorado Park Hockey Court on Thursday and class held at San Martin Park, 5231 Ocana Ave., Lakewood on Tuesday.

24893	10Yrs+	4/12-5/24	7:45-8:45PM	Th	\$98	EDW
24894	10Yrs+	3/6-4/17	6:30-7:30PM	Tu	\$98	SMP

DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well behaved member of your family without the use of fear or intimidation (no choke chains or prong collars). Learn how to strategically use a variety of real life rewards and consequences, as well as how to decrease rewards as behaviors are learned. This class will cover foundation behaviors, basic commands used in real life, and more! For dogs 4 months and older with current vaccines. Material fee: \$10. For more information: (714) 821-6622 or crossroadspetresort.com. *No class: 5/26. Instructor: Crossroads Country Club Pet Resort. Class held at Marina Vista Park.

24879	10Yrs+	4/7-5/5	9:30-10:30AM	Sa	\$95
24880	10Yrs+	5/19-6/23*	9:30-10:30AM	Sa	\$95

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. Material fee: \$10. For more information: (714) 821-6622 or crossroadspetresort.com. *No class: 5/26. Instructor: Crossroads Country Club Pet Resort. Class held at Marina Vista Park.

24881	10Yrs+	4/7-5/5	10:30-11:30AM	Sa	\$95
24882	10Yrs+	5/19-6/23*	10:30-11:30AM	Sa	\$89

DOG FRISBEE FUN

In this one day workshop your dog can start learning the fun sport of Disc-Dog Toss-N-Fetch. The instructor will teach proper Frisbee throwing techniques, safety and an introduction to some fun stunts, including spins and weaving through your legs. Dogs must be 5 months or older. Please bring your vaccination records. Preregistration Mandatory. For more information please visit: www.dogclassinfo.com or call (714) 532-3647. Material fee: \$5 payable at class (includes a frisbee). Instructor: Dog Services Unlimited. Class held at El Dorado Park West.

24895	12Yrs+	4/29-4/29	3-4:30PM	Su	\$28
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Adult Classes continued

DOG MANNERS - "CRASH COURSE"

Accomplish your dog training goals and correct behavior problems in just four 75 minute lessons. Commands include: sit and down, stay with distractions, come when called and controlled walking on a leash. For all breeds 5 months and older. Dogs attend all meetings. Preregistration is required. Bring shot records. For more information please visit: www.dogclassinfo.com or call (714) 532-3647. Insurance material fee: \$5. Instructor: Dog Services Unlimited. Class held at El Dorado Park West on Saturday and class held at Laurel Park at Katella & Bloomfield in Los Alamitos on Thursday.



24896	10Yrs+	4/28-5/19	1-2:15PM	Sa	\$86
24897	10Yrs+	5/3-5/24	6-7:15PM	Th	\$86

PUPPY KINDERGARTEN

Start your new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting without puppies. Bring current shot records. For more information please visit: www.dogclassinfo.com. Material fee: \$10. Instructor: Dog Services Unlimited. Class held at El Dorado Park West.

24898	10Yrs+	4/14-5/19	12-1 PM	Sa	\$88
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Speed Spanish Online

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ENRICHMENT

BEGINNING BRIDGE

Learn the basics of a great mental sport. Develop skills and techniques applicable to social and duplicate bridge classes. www.longbeach-bridge.com. Class held at Long Beach Bridge Club, 4782 East Pacific Coast Highway, Long Beach (behind shopping center at Ximeno).

Free Parking! Instructor: Bridge Brigade Inc.

24842	13Yrs+	4/2-5/21	9:30-11:30AM	M	\$50
24843	13Yrs+	4/5-5/24	7-9PM	Th	\$50

BUILD YOUR OWN 72 HOUR SURVIVAL BACKPACK

First responders recommend everyone have at least 72 hours of emergency supplies. In this class you will assemble your own Emergency Backpack, learn what is in your pack, and how to use the contents. Discussion will also include preparedness tips, creating a family communication plan, and building a commuter plan. Material Fee \$89. Class held at Los Alamitos Community Center, 10911 Oak Street, Los Alamitos. Instructor: Jennifer Stewart-Tai.

25641	18Yrs+	4/16-4/16	6-8PM	M	\$89
25642	18Yrs+	5/17-5/17	6:30-8:30PM	Th	\$89

FASHION MAKEUP - A TWO PART SERIES

Part One: "Creating the Classic Face" Designed for beginners, learn the fundamentals of fashion makeup while creating the "Classic Face", a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimis@yahoo.com. *No class: 1/15. Instructor: Rodolfo Nimis. Class held at Heartwell Park.

25480	16Yrs+	3/5-3/12	6:30-8:30PM	M	\$66
25481	16Yrs+	3/26-4/9*	6:30-8:30PM	M	\$66
25482	16Yrs+	4/16-4/23	6:30-8:30PM	M	\$66
25483	16Yrs+	5/7-5/14	6:30-8:30PM	M	\$66

HOW TO SELL ON EBAY

Everyone has lots of stuff in their closets, drawers, garages and paying for storage space. Make money - clear out your stuff. Learn how to Sell on eBay including opening a seller account, write descriptions, competitive pricing, seller rating, best shipping to save you and your customer money, PayPal account set up and record keeping. Instructor: Frances Greenspan. Class held at El Dorado Park West.

24948	18Yrs+	2/20-2/27	6:30-8:30PM	Tu	\$65
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INTERMEDIATE BRIDGE

For people who already know how to play bridge. We will review basics and teach 2 over 1. www.longbeachbridge.com. Class held at Long Beach Bridge Club, 4782 East Pacific Coast Highway, Long Beach (behind shopping center at Ximeno). Free Parking! Instructor: Bridge Brigade Inc.

24840	13Yrs+	4/2-5/21	9:30-11:30AM	M	\$50
24841	13Yrs+	4/5-5/24	7-9PM	Th	\$50

INTRO TO IMPROV COMEDY

Fun, fast-paced workshop focuses on characterization and spontaneity through improvised scenes and games. Emphasis on a creative, supportive environment, making strong choices and increasing confidence. Class held at the Expo Arts Center - 4321 Atlantic Blvd., Long Beach. Instructor: Darren Held.

25693	18Yrs+	3/8-4/26	7-9:15 PM	Th	\$195
24950	18Yrs+	5/10-6/28	7-9:15 PM	Th	\$195

Adult Classes continued

RESUME WRITING

A resume is much more than a checklist of activities and achievements. It's an opportunity to tell your story! That story can help you land an internship, get into college, and win scholarships. This workshop shows high school and college students how to organize their information, write about their experiences, and properly format. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Alison Cotter.

24874	15-26Yrs	3/7-3/14	6-8PM	W	\$50
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FITNESS

40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become Lean, Agile, Strong, Toned during 40, 30, and 20 second Tabata Bootcamp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. *No class: 4/9. Instructor: Tami Santy. Class held at Recreation Park.

25583	16Yrs+	3/5-4/16	6 PM-6:45PM	M	\$66
25584	16Yrs+	4/23-5/21	6 PM-6:45PM	M	\$55

AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available. Instructor: Tracey Wiltse. Class held at Recreation Park.

25677	18-86Yrs	3/2-3/30	8:30-9:30AM	W F	\$35
25678	18-86Yrs	4/2-4/30	8:30-9:30AM	W F	\$35
25679	18-86Yrs	5/2-5/30	8:30-9:30AM	W F	\$35

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available. *No class: 4/10. Instructor: Tami Santy. Class held at El Dorado Park West.

25589	16Yrs+	3/6-3/27	6-7PM	Tu	\$44
25590	16Yrs+	4/3-5/1*	6-7PM	Tu	\$44
25591	16Yrs+	5/8-5/29	6-7PM	Tu	\$44

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength and balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat water and weights. Walk-in fee available. *No class: 5/28. Instructor: Marilyn Bodnar. Class held at El Dorado Park West.

24844	12Yrs+	3/5-3/28	5:30-6:30PM	M W	\$24
24845	12Yrs+	4/4-4/30	5:30-6:30PM	M W	\$24
24846	12Yrs+	5/2-5/30*	5:30-6:30PM	M W	\$24

DYNAMIC HATHA YOGA FOR HEALTH AND WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available. Instructor: David Allen Arnette. Class held at Whaley Park.

24369	16Yrs+	3/1-3/29	6-7:30PM	Th	\$55
24381	16Yrs+	3/6-3/27	6-7:30PM	Tu	\$44

24382	16Yrs+	4/3-4/24	6-7:30PM	Tu	\$44
24370	16Yrs+	4/5-4/26	6-7:30PM	Th	\$44
24383	16Yrs+	5/1-5/29	6-7:30PM	Tu	\$55
24371	16Yrs+	5/3-5/31	6-7:30PM	Th	\$55

FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. Walk in fee available. For more information please visit: www.evelyngrauten.com. *No class: 4/13, 4/25 & 4/27. Instructor: Evelyn Grauten. Class held at Recreation Park.

24934	18Yrs+	3/7-3/30	9:45-10:45 AM	W F	\$64
24940	18Yrs+	5/9-6/1	9:45-10:45 AM	W F	\$64
24941	18Yrs+	4/4-5/4*	9:45-10:45 AM	W F	\$56

HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are made available to everyone when using a chair as a prop. A prop is a tool used in the practice of yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to the modern practice of yoga offers the student a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available. Instructor: David Allen Arnette. Class held at Whaley Park.

24375	16Yrs+	3/1-3/29	10:30AM-12PM	Th	\$55
24376	16Yrs+	4/5-4/26	10:30AM-12PM	Th	\$44
24377	16Yrs+	5/3-5/31	10:30AM-12PM	Th	\$55

KUNDALINI YOGA AND MEDITATION

Kundalini yoga and meditation is a process of self discovery. You will learn how to gain a strong immune system, vital glands, a strong nervous system and good circulation. It will guide your awareness of your mental patterns, emotions and feelings, your energy, heart and soul. Walk in fee available. Instructor: Seventh Chakra Yoga. Class held at El Dorado Nature Center.

25595	16Yrs+	3/4-3/25	11AM-12:30PM	Su	\$39
25596	16Yrs+	4/8-4/29	11AM-12:30PM	Su	\$52
25597	16Yrs+	5/6-5/27	11AM-12:30PM	Su	\$52

PILATES

Not just your core. Pilate integrates movements that work your entire body. Build strength, endurance and flexibility. Classes consist of mixed levels. Exercises adapted for beginners to advanced. Fun and hard-work, Pilates is a time-tested discipline that delivers. Instructor: Elizabeth Markley. Class held at Bixby Park.

25072	16Yrs+	3/19-4/9	6:30-7:30PM	M	\$50
25075	16Yrs+	3/21-4/11	6-7PM	W	\$50
25073	16Yrs+	4/16-5/7	6:30-7:30PM	M	\$50
25076	16Yrs+	4/18-5/9	6-7PM	W	\$50
25477	16Yrs+	5/14-5/21	6:30-7:30PM	M	\$25
25478	16Yrs+	5/16-5/30	6-7PM	W	\$33

PILATES BARRE FITNESS

This is a new popular and very fun form of fitness. Enjoy a series of core, leg and arm strengthening exercises using various Pilates equipment, provided by instructor, including a portable balance barre. Walk-in fee available. Instructor has been teaching for over 16 years. For more information visit: www.evelyngrauten.com. *No class: 4/25. Instructor: Evelyn Grauten. Class held at Recreation Park.

24936	18Yrs+	3/7-3/28	11AM-12PM	W	\$40
24944	18Yrs+	4/4-5/2*	11AM-12PM	W	\$40
24945	18Yrs+	5/9-5/30	11AM-12PM	W	\$40

Adult Classes continued

PILATES ON THE BALL

A tough class, not for beginners. Take your strength, stamina and flexibility to new levels. Previous experience is helpful but not essential. Bring inflated, size appropriate, balance ball, mat, strap and a sense of humor. Instructor: Elizabeth Markley. Class held at Bixby Park.

25078	16Yrs+	3/19-4/9	7:35-8:35PM	M	\$50
25079	16Yrs+	4/16-5/7	7:35-8:35PM	M	\$50
25479	16Yrs+	5/14-5/21	7:35-8:35PM	M	\$25

POWER BARRE

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit the website: www.jgparksartmartialarts.com. Class held at the U.S. Taekwondo Academy 12233 Centralia, Lakewood. Instructor: Cynthia Markopulos.

25081	13Yrs+	3/1-3/29	7-7:50PM	M Th	\$65
25082	13Yrs+	4/2-4/30	7-7:50PM	M Th	\$65
25083	13Yrs+	5/3-5/31	7-7:50PM	M Th	\$65

POWER TAE FITNESS

Power Tae is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit the website: www.jgparksartmartialarts.com. Classes on Tuesdays from 7-7:50pm and classes on Saturdays from 8:30-9:20am. Class held at the U.S. Taekwondo Academy 12233 Centralia, Lakewood. Instructor: Cynthia Markopulos.

25084	13Yrs+	3/3-3/31	8:30-9:20AM	Tu Sa	\$65
25085	13Yrs+	4/3-4/28	7-7:50PM	Tu Sa	\$65
25086	13Yrs+	5/1-5/29	7-7:50PM	Tu Sa	\$65

TAI CHI-QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also helps enhance balance and memory. Instructor: Howard Richner. Class held at Recreation Park.

25581	18Yrs+	2/27-4/10	7-8:30PM	Tu	\$56
25702	18Yrs+	4/17-5/29	7-8:30PM	Tu	\$56

TAI CHI/CHI KUNG

Discover and activate your internal energy (chi) through soft flowing movements, meditation, breathing, posture and mind intent. Reduce stress, tone muscles, improve flexibility, increase energy and develop a greater sense of well-being. Instructor: Howard Richner. Class held at Bixby Park.

25582	18Yrs+	3/22-5/24	7:30-8:30PM	Th	\$56
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YOGA AND AFFIRMATIONS

Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit. Instructor: Irene Holsters. Class held at El Dorado Park West.

24951	18Yrs+	3/5-4/9	6:45-8PM	M	\$60
24952	18Yrs+	3/7-4/11	6:45-8PM	W	\$60
24953	18Yrs+	4/16-5/21	6:45-8PM	M	\$60
24954	18Yrs+	4/18-5/23	6:45-8PM	W	\$60

ZUMBA® EN ESPAÑOL

A Zumba class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba en Espanol! Diviertete y mantente saludable. Despidete del estres y disfrutale a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado. Instructor: Carmen Valdivia. Class held at Silverado Park.

25670	18Yrs+	3/20-3/29	9-10AM	Tu Th	\$2
25671	18Yrs+	4/3-4/26	9-10AM	Tu Th	\$2
25672	18Yrs+	5/3-5/31	9-10AM	Tu Th	\$2

MUSIC

GUITAR - LEVEL I



Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.
*No class: 3/28.

Instructor: Daniel Howe. Class held at Whaley Park.

24742	15Yrs+	3/14-4/18*	7:35-8:35PM	W	\$65
24744	15Yrs+	5/2-5/30	7:35-8:35PM	W	\$65

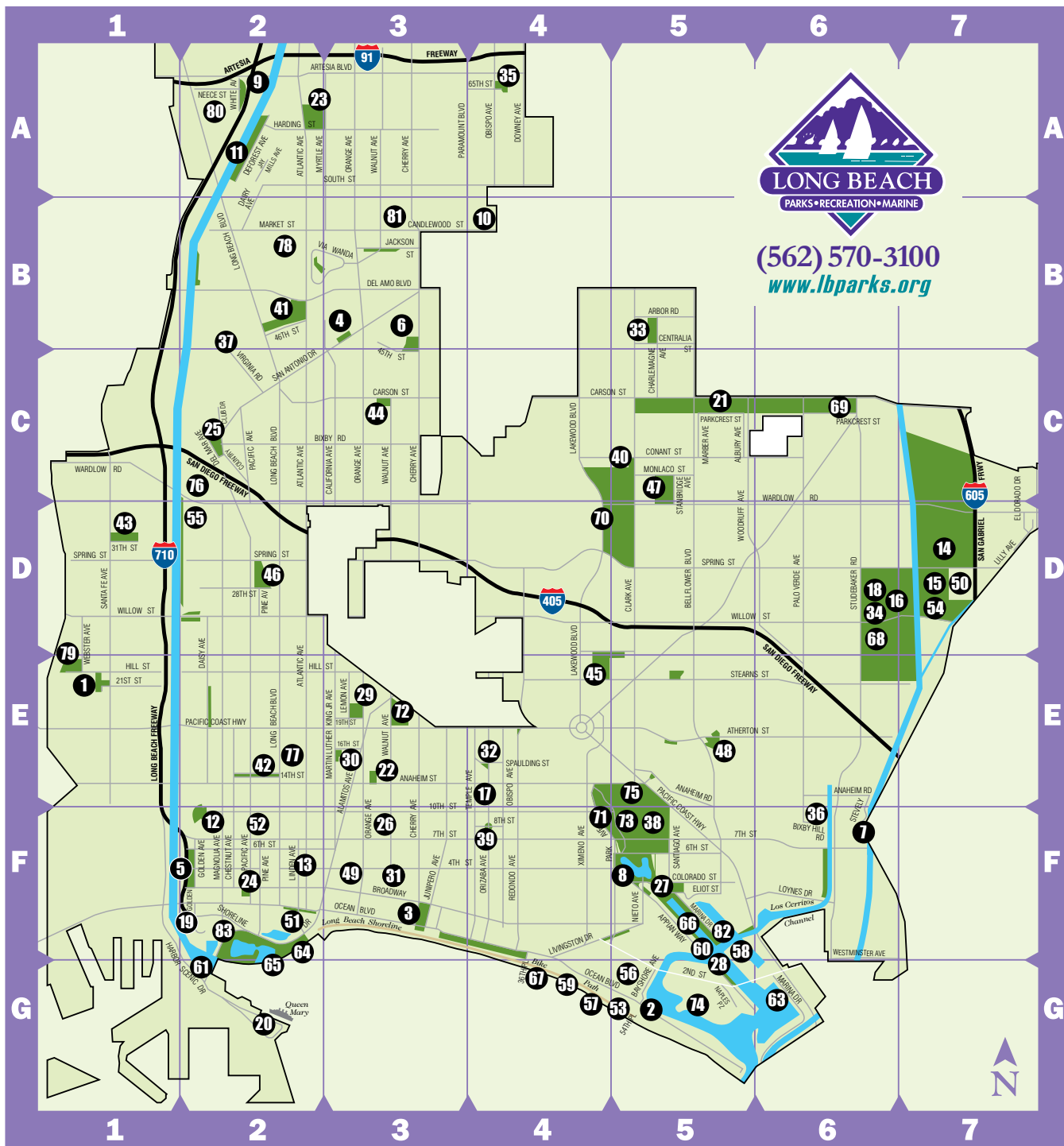


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AMENITIES: 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

PARK FACILITIES

1 E1 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7	5 F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres	2L, 5, 6, 7
16 C2 Baker Street, 625 Baker St., 570-3100 - 1.5 acres	6, 7	6 B3 Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres	1L, 2L, 3L, 5, 6, 7, 11C
2 G5 Bayshore, 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	7 F6 College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres	2, 3, 4, 5R, 6, 7
3 F3 Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	8 F5 Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres	6, 7
4 B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	9 A2 Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres	1L,

PARK FACILITIES (continued)

26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100- .34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
13	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK
77	E2	Fourteenth Street Park, 570-1608 2.01 acres	2,6,9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK
22	E3	Homeland Cultural Center, 1321 Anaheim Street at MacArthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1,6,7
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 206-2040 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4, 6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 12, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7
48	E5	Whaley, 5620 Atherton St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11

TEEN CENTERS

17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890	
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688	
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640	
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605	

SENIOR CENTERS

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605	
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227	

23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7

DOG FACILITIES

50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS	
30	A2	Coolidge Dog Park, 352 E. Neece St	
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway	
34	D7	El Dorado Dog Park, 7500 E. Spring St	
31	B3	Jackson Street Dog Park, 1 Jackson St.	
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.	
38	F5	Recreation Dog Park, 4900 E. 7th St.	
53	G5	Rosie's Dog Beach, 1 S. Granada	
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave	
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.	
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.	

AQUATIC AND BOATING FACILITIES / BEACHES

8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)	
32	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel	
33	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.	
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.	
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.	
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.	
60	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Paoli Way	
61	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.	
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719	
53	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215	
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950	
65	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636	
66	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215	
57	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806	
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718	
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721	
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)	
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way	5,7

SPORTS FACILITIES

14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
15	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
13	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	

Adult Classes continued

GUITAR - LEVEL II

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee \$5. *No class: 3/14. Instructor: Daniel Howe. Class held at Whaley Park.

24743	15Yrs+	3/14-4/18*	8:40-9:40PM	W	\$65
24745	15Yrs+	5/2-5/30	8:40-9:40PM	W	\$65

UKULELE

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2. Instructor: Hoku Bray. Class held at Stearns Champions Park.

24850	16-76Yrs	4/17-5/22	7-8PM	Tu	\$65
24853	16-76Yrs	3/6-4/10	7-8PM	Tu	\$65

SPORTS

FENCING

An ancient art of noble defense to a modern Olympic sport. Fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Preregistration required. Cash material fee: \$10 due on first day of class. Instructor: Orange Coast Fencing Academy. Class held at Whaley Park.

25484	8Yrs+	3/6-3/27	7:35-9:20PM	Tu	\$50
25485	8Yrs+	4/3-4/24	7:35-9:20PM	Tu	\$50
25486	8Yrs+	5/1-5/22	7:35-9:20PM	Tu	\$50

HORSE FUN

Put on your chaps! Grab your cowboy hat! Let's ride horses! Riders learn horsemanship, safety, grooming, saddling and basic riding. This class prepares riders for individual lessons. Wear riding boots, long pants, and bring a helmet. No unregistered riders allowed. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea. Instructor: Fun With Horses.

24928	13Yrs+	4/7-4/28	3-4PM	Sa	\$75
24929	13Yrs+	5/5-5/26	3-4PM	Sa	\$75
24933	13Yrs+	3/3-3/24	3-4PM	Sa	\$75

INDOOR VOLLEYBALL

Enhance skills through drills and scrimmages. Expand your technique and increase your knowledge of the game. Walk in fee available. *No class: 4/1, 5/13 & 5/27. Instructor: Phil Martin. Class held at Pan American Park.

25097	18Yrs+	3/11-5/20*	6:30-8:30PM	Su	\$36
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JUJITSU

Japanese jujitsu self defense. Students learn throws, locks and holds to control a larger opponent. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. For more information please visit: www.LakewoodBudoKai.com. *No class: 5/28. Instructor: James Kelton. Class held at Stearns Champions Park.

25034	13Yrs+	3/5-3/30	6:30-7:30PM	M W F	\$45
25035	13Yrs+	4/2-4/30	6:30-7:30PM	M W F	\$45
25036	13Yrs+	5/2-5/30*	6:30-7:30PM	M W F	\$45

KARATE

Okinawan Shorin Ryu Karate. Learn punches, strikes and kicks to defend against an attack. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long

Beach. Please visit www.LakewoodBudoKai.com. *No class: 5/28. Instructor: James Kelton. Class held at Stearns Champions Park.

25040	13Yrs+	3/5-3/30	7:30-8:30PM	M W F	\$45
25041	13Yrs+	4/2-4/30	7:30-8:30PM	M W F	\$45
25042	13Yrs+	5/2-5/30*	7:30-8:30PM	M W F	\$45

KARATE

This traditional Japanese Karate retains all traditions of ancient art. The philosophy and rules of Karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. *No class: 5/28. Instructor: Jony Martinez. Class held at Cesar Chavez Park.

25090	13Yrs+	3/2-3/30	7:15-8:30PM	M W F	\$75
25091	13Yrs+	4/2-4/30	7:15-8:30PM	M W F	\$75
25092	13Yrs+	5/2-5/30*	7:15-8:30PM	M W F	\$75

MIXED MARTIAL ARTS

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

25571	18Yrs+	3/1-3/30	8-9PM	Th F	\$50
25572	18Yrs+	4/5-4/27	8-9PM	Th F	\$50
25573	18Yrs+	5/3-5/31	8-9PM	Th F	\$50

NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40PM or Sat 10:45am-11:15AM. Dress warmly. Check in early. Preregistration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. Instructor: Ice Management LLC.

RECREATION CLASS INSTRUCTORS WANTED!

Have a small business that needs to grow, and a hobby or a skill you'd love to share?

Long Beach Parks, Recreation & Marine needs talented instructors to teach recreation classes that meet the learning and recreational needs of Long Beach residents.

- You propose the class you wish to teach.
- We provide administrative support and a choice of locations.
- You watch your business grow with new opportunities to reach more customers.

Contact Kevin Paimany 562.570.3117 or Kevmany.Paimany@longbeach.gov to discuss the possibilities.

Adult Classes continued

24970	15Yrs+	2/28-3/21	6:40-7:10PM	W	\$45
24973	15Yrs+	3/3-3/24	10:15-10:45AM	Sa	\$45
24974	15Yrs+	3/31-4/21	10:15-10:45AM	Sa	\$45
24971	15Yrs+	3/28-4/18	6:40-7:10PM	W	\$45
24972	15Yrs+	4/25-5/16	6:40-7:10PM	W	\$45
24975	15Yrs+	4/28-5/19	10:15-10:45AM	Sa	\$45

PADI DISCOVER SCUBA DIVING COURSE

This 2 hour class will introduce you to the wonder of scuba diving. Included in the material fee is the DSD brochure, covering all paperwork and giving you access to a trial section of the full certification course. We'll need height, weight, and shoe size to provide you with comfortable fitting scuba equipment. Material fee \$10, due at the first class session. Class held at the Deep Blue Scuba & Swim Center, 11 39th place, Long Beach (next to the Belmont Pier) For more information please find us at www.deepbluelongbeach.com. Instructor: Deep Blue Scuba & Swim Center.

24890	18Yrs+	3/17-3/17	5-7PM	Sa	\$90
24891	18Yrs+	4/15-4/15	12-2PM	Su	\$90
24892	18Yrs+	5/16-5/16	6:30-8:30PM	W	\$90

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 4/13 & 4/14. Instructor: Antonio Silva. Class held at Bixby Park.

25635	18Yrs+	3/2-3/31	7-8PM	F Sa	\$40
25636	18Yrs+	4/6-4/28*	7-8PM	F Sa	\$40
25637	18Yrs+	5/4-5/26	7-8PM	F Sa	\$40


BIKING at the Eldo Race Series



Whether you are new to road racing or have been road racing, join us at the Eldo Race Series! Racing is held at El Dorado Park on a closed off road in Area 3.

Requirements: ages 8-18, a road bike, USA Cycling license, signed USA Cycling waiver and a helmet. Every Tuesday at 5:30 PM

March 13 - August 28, 2018. \$6 entry fee. Go to www.bikeablecommunities.org/el-dorado-race/ to pre-register. On-site registration starts at 4:30 PM.

Sponsored by  **BIKEABLE**
COMMUNITIES



ROCK OUT & SAVE

WITH ONE-SONG SHOWERS

More hacks at
LiveH2OLB 
.com

 Long Beach Water

ADULT 50+ CLASSES

ART AND CULTURAL

AMAZING ART

Acrylic painting. Never painted before? Bring an 8x10 color picture and an 8x10 black & white paper copy of the same picture that you would like to paint. Learn painting & art techniques. Surprise yourself! Please no portraits or abstract pictures for beginners. Advanced artists are welcome too. All materials furnished by instructor. Material fee: \$20. Instructor: Mary Crowder. Class held at Heartwell Park.

24883	3/8-3/29	7-9PM	Th	\$5
24889	5/10-5/31	7-9PM	Th	\$5

ARTIST WALK IN

Come join other artists. All medias welcomed. Bring your own art supplies. Share tips with other artists. Fun, enthusiasm, and encouragement. Room has excellent light. Fee per person, per class. Instructor: Mary Crowder. Class held at College Estates Park on Tuesdays and at Heartwell Park on Thursdays.

24887	3/6-3/27	10AM-1PM	Tu	\$5	CEP
24885	3/8-3/29	7-9PM	Th	\$5	HRT
24888	5/1-5/29	10AM-1PM	Tu	\$5	CEP
24886	5/10-5/31	7-9PM	Th	\$5	HRT

DANCE

ROUND DANCE – INTERMEDIATE & ADVANCED

Class with mini- clinic, instruction with cued rounds. Intermediate class held on Tuesdays and advanced class held on Mondays. Fee per person, per class. Class held at Long Beach Senior Center. Instructor: Edward Patrick.

25709	50Yrs+	3/5-3/26	6:30-8:30PM	Mo	\$5	ADV
25712	50Yrs+	3/6-3/27	6:30-8:30PM	Tu	\$5	INT
25710	50Yrs+	4/2-4/30	6:30-8:30PM	Mo	\$5	ADV
25713	50Yrs+	4/3-4/24	6:30-8:30PM	Tu	\$5	INT
25714	50Yrs+	5/1-5/29	6:30-8:30PM	Tu	\$5	INT
25711	50Yrs+	5/7-5/21	6:30-8:30PM	Mo	\$5	ADV

ADVANCED ROUND DANCE 5/6

Class meets on the second Saturday of each month and includes: mini-clinics, intermediate and advanced instruction with cued rounds. Fee per person, per class. Class held at Long Beach Senior Center. Instructor: Edward Patrick.

25706	50Yrs+	3/10	11AM-4PM	Sa	\$5
25707	50Yrs+	4/14	11AM-4PM	Sa	\$5
25708	50Yrs+	5/12	11AM-4PM	Sa	\$5

ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class. Class held at Long Beach Senior Center. Instructor: Daniel Finch.

24765	50Yrs+	3/7-3/28	6:30-8:30PM	W	\$6
24766	50Yrs+	4/4-4/25	6:30-8:30PM	W	\$6
24767	50Yrs+	5/2-5/30	6:30-8:30PM	W	\$6

BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class. Class held at Long Beach Senior Center on Tuesdays and class held at El Dorado Park West on Wednesdays. Instructor: Candis Davis.

24759	50Yrs+	3/6-3/27	1-2PM	Tu	\$4	LB Sr. Ctr
24760	50Yrs+	4/3-4/24	1-2PM	Tu	\$4	LB Sr. Ctr
24761	50Yrs+	5/1-5/29	1-2PM	Tu	\$4	LB Sr. Ctr
24762	50Yrs+	3/7-3/28	10:30-11:30AM	W	\$4	EDW
24763	50Yrs+	4/4-4/25	10:30-11:30AM	W	\$4	EDW
24764	50Yrs+	5/2-5/30	10:30-11:30AM	W	\$4	EDW

SENIOR LINE DANCING

Have fun learning line dance and exercising with friends. No experience needed. Fee per person, per class. Class held at El Dorado Park West. Instructor: Janet Karter.

24793	50Yrs+	3/1-3/29	1-2PM	Th	\$3
24789	50Yrs+	4/5-4/26	1-2PM	Th	\$3
24790	50Yrs+	5/3-5/24	1-2PM	Th	\$3

FITNESS

GENTLE YOGA- ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available. Class held at Recreation Park. Instructor: Silvana Behrens.

24747	50Yrs+	3/5-4/2	9:45-10:45AM	M	\$45
24748	50Yrs+	4/16-5/21	9:45-10:45AM	M	\$54

GENTLE YOGA- LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Walk in fee available. Class held at Recreation Park. Instructor: Silvana Behrens.

24751.	50Yrs+	3/8-4/5	9:45-10:45AM	Th	\$45
24752	50Yrs+	4/19-5/24	9:45-10:45AM	Th	\$54

ZUMBA® GOLD

One hour of exercise and dance are good for both your mind and body. There is no wrong way in Zumba Gold- if you are moving and smiling, you nailed it! Walk in fee available. Class held at Long Beach Senior Center. Instructor: Adrienne Rosenfeld.

24768	50Yrs+	3/1-3/29	5:30-6:30PM	Th	\$10
24769	50Yrs+	4/5-4/26	5:30-6:30PM	Th	\$10
24770	50Yrs+	5/3-5/17	5:30-6:30PM	Th	\$10

ZUMBA® GOLD

Shake your groove thang, Zumba Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold- if you are moving and smiling, you are doing it right. Walk in

Adult 50+ Classes continued

fee available. Class held at Long Beach Senior Center. Instructor: Sabrina Thomas.

24774	50Yrs+	3/3-3/31	11:30-12:30PM	Sa	\$10
24775	50Yrs+	4/7-4/28	11:30-12:30PM	Sa	\$10
24776	50Yrs+	5/5-5/26	11:30-12:30PM	Sa	\$10

ZUMBA® GOLD

A fun Latin-inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class. Class held at El Dorado Park West. Instructor: Sherrie Zachau.

24797	50Yrs+	3/2-3/30	9-10AM	F	\$4
24798	50Yrs+	4/6-4/27	9-10AM	F	\$4
24799	50Yrs+	5/4-5/25	9-10AM	F	\$4

ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class. Class held at El Dorado Park West. Instructor: Sherrie Zachau.

24800	50Yrs+	3/7-3/28	8:45-9:45AM	W	\$4
24801	50Yrs+	4/4-4/25	8:45-9:45AM	W	\$4
24802	50Yrs+	5/2-5/30	8:45-9:45AM	W	\$4

ZUMBA® GOLD WITH MAT NEW

Zumba Gold is the best fitness class disguised as dance. We have fun, we burn calories, we increase our stamina and end the class with a light stretch on a mat. You can't go wrong! Come dance with us. Bring your mat, water, towel and smile! Fee per person, per class. Class held at Wardlow Park. Instructor: Sherrie Zachau.

24803	50Yrs+	3/1-3/29	6-7:30PM	Th	\$5
24804	50Yrs+	4/5-4/26	6-7:30PM	Th	\$5
24805	50Yrs+	5/3-5/31	6-7:30PM	Th	\$5

SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class. Class held at El Dorado Park West. Instructor: Sherrie Zachau.

24794	50Yrs+	3/6-3/29	10-11AM	Tu Th	\$4
24795	50Yrs+	4/3-4/26	10-11AM	Tu Th	\$4
24796	50Yrs+	5/1-5/31	10-11AM	Tu Th	\$4

MUSIC

VOICE CLASS - LEVEL 1

It is never too late to learn how to sing and improve your speaking voice. In this class you can expect to gain much confidence by learning how to expand your vocal range and improve both your breath control and tone quality all at the same time. Recommended to bring a hand held mirror and recording device. *No class: 3/27. Class held at Bixby Park. Instructor: Harriet Bennish.

24755	50Yrs+	3/6-4/10*	11AM-12:30PM	Tu	\$60
24756	50Yrs+	4/24-5/22	11AM-12:30PM	Tu	\$60

VOICE CLASS - LEVEL 2

This class continues to nurture the basic foundations of good singing by reinforcing the good habits acquired in Level 1 voice class. There will be an ongoing emphasis on good posture, breath control, expansion of vocal range, and musicianship. Recommended: hand held mirror and recording device (available on most cell phones). Please Note: To enroll in the Level 2 class, it is a prerequisite to complete the level one voice class. There are no exceptions. *No class: 3/28. Class held at Bixby Park. Instructor: Harriet Bennish.

24757	50Yrs+	3/7-4/11*	11AM-12:30PM	W	\$60
24758	50Yrs+	4/25-5/23	11AM-12:30PM	W	\$60

Active Adults 50+ Love Long Beach!



Parks, Recreation & Marine invites adults 50+ to participate in the many activities and programs offered in our Recreation Connection class guide and citywide at the six Senior Centers.

Cesar E. Chavez Park - 570-8890 • El Dorado West - 570-3227
Houghton Park - 570-1640 • Long Beach Senior Center - 570-3500
Mc Bride - Park 570-1605 • Silverado Park - 570-1675

Activities and programs range from arts and cultural experiences, dance, fitness, life-long learning opportunities, enrichment, health and social services, nutrition, excursions, drop-in special events, volunteerism, and special interest groups.

Many programs are offered free of charge.



For more information, visit www.LBParks.org

LONG BEACH ANIMAL CARE SERVICES

P.D. Pitchford Companion Animal Village
7700 East Spring Street, (562) 570-PETS (7387)

24 HOUR EMERGENCY SERVICE (562) 570-7387

Hours: Wed-Fri 10AM-5:30PM, Sat-Sun 10AM-4PM

Closed Monday, Tuesday & Holidays

Animal Related Complaints/Questions: (562) 570-PETS (7387)

Interested in volunteering? Need to license your cat or dog? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt?

Visit www.LongBeachAnimalCare.com.

LOW COST PET CLINICS

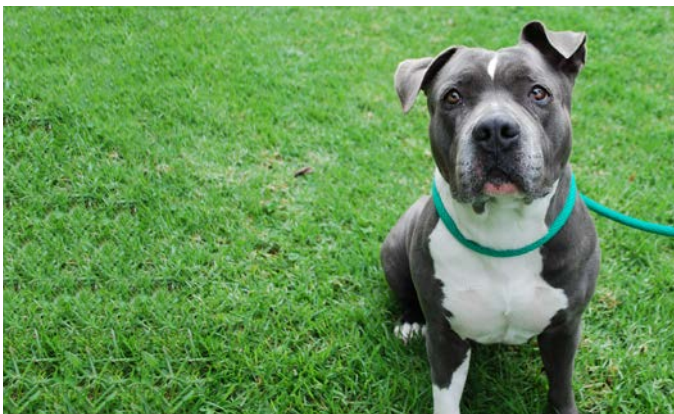
Visit www.LongBeachAnimalCare.com for dates, times, locations, and fees for Low Cost Pet Vaccination and Microchipping Clinics held in Long Beach parks on Saturdays and from 4-6PM on the 1st and 3rd Thursday of the month at Scherer Park. Licensing is available at the Saturday clinics. Times, dates and locations are subject to change. Please check the website for the most up to date information.

SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit www.fixlongbeach.com for information.

SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit www.LongBeachAnimalCare.com for more information about spay/neuter assistance.

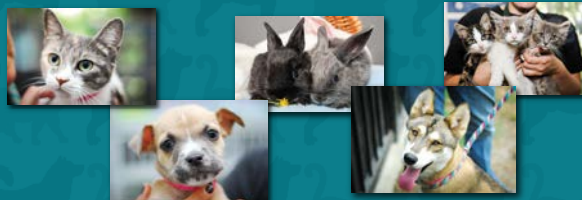


LONG BEACH SPAY AND NEUTER ORDINANCE FOR DOGS AND CATS

Effective October 1, 2015, all dogs over 6 months and cats over 4 months are required to be spayed or neutered LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list

ADOPT

from
LONG BEACH ANIMAL CARE SERVICES



7700 E. SPRING ST. LONG BEACH, CA 90815 (562) 570-7387
W - F: 10 am - 5:30 pm Sat & Sun: 10 am - 4 pm
www.longbeach.gov/acs

of exemptions please call (562) 570-7387 or visit our website: www.LongBeachAnimalCare.com.

DOG TRAINING CLASSES

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See page 21 and 22 for details.

PET LICENSING BENEFITS

Licensing In Long Beach Is More Than Just a Tag



FAST TRACK Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured, through the Fast Track licensing program.

FREE RIDE HOME Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.



EXTENDED STAY When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 14 days rather than six days) prior to being put up for adoption.

VACATION PET ALERT When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.



ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725

Visit teamsideline.com/longbeach

Now taking online team registration • www.lbparks.org

ADULT BASEBALL

Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game.

ADULT BASKETBALL



Register by team only at the Sports Office or online at www.teamsideline.com/longbeach.

Men's and Women's Divisions available. 5-12 players allowed on a team. Team fee: Mens \$300 (10 games) Women's \$232 (8 games). Single elimination playoffs games will be scheduled for qualifying teams.

Two officials assigned to each game (\$25/team, per game).

Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT ROLLER HOCKEY

Ages 18 and up, with a 10-game season plus playoffs for qualifying teams. Intermediate Plus and Novice Plus games played Saturday and Sunday at Bayshore Rink. Roller Hockey - \$700 per team. Call (562) 570-1736 or (562) 570-3204. Visit us online at www.teamsideline.com/longbeach to register a team or individual player.

PICK-UP - AGES 18 & UP

Saturday and Sunday. Times vary. Bayshore Rink. \$5 per person. Full equipment required including HECC approved helmet with cage or half shield. Call (562) 570-1736 for more information.

RINK RENTAL

Bayshore Rink. Hourly rental fee \$40. El Dorado west rink rental fee is \$8 per hour for residents and \$18 per hour for non residents. Reservations taken at the Adult Sports office, 5001 Deukmejian Drive or call: Office, 5001 Deukmejian Drive, call (562) 570-1736 or (562) 570-3204.

ADULT KICKBALL



Register by team only at the Sports Office or online at www.teamsideline.com/longbeach, 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFT BALL

One official assigned, game day fee \$12/team, per game.

WEEKNIGHT SLOW PITCH LEAGUE MEN'S AND COED

10-16 players in D classification. Ten games plus playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for registration information.

WEEKEND SLOWPITCH LEAGUES - MEN'S & COED

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for more information.

SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 16 games. Team fee: \$250. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL

Register by team only at the Sports Office or online at www.teamsideline.com/longbeach.



Men's, Women's and Coed Divisions available. 5-12 players allowed on a team. Team fee: \$340 (10 matches). Single elimination play-off games will be scheduled for qualifying teams.

One official assigned to each match. \$14/ team, per match.

Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.

NEW ADULT SOCCER AND FUTSAL LEAGUE
VISIT: TEAMSIDELINE.COM/LONGBEACH

EL DORADO NATURE CENTER

7550 East Spring Street

(562) 570-1745 • www.longbeach.gov/naturecenter

The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a rewarding getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

NATURE CENTER HOURS

Trails: Tuesday - Sunday, 8AM - 5PM

Museum: Tuesday - Sunday, 8:30AM - 4PM

FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

PRESCHOOL PROGRAMS

Pre-registration is required. Visit www.lbparks.org

1-DAY PARENT & ME WORKSHOPS

Ages: 18 mo-5 years, \$20. Wednesdays 10:00-11:30AM. Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

24715 Little Leprechauns: Wednesday, March 14

Join other wee lads and lasses as we search for leprechauns and rainbows.

24716 Bunny Hop: Wednesday, April 11

Hippity-hop down the bunny trail and make some new furry friends.

24717 Flower Fairy Frolic: Wednesday, May 23

Discover the magic of spring as we sing and dance, make woodlands wands, and build a leafy fairy house. Be sure to wear your wings!

COMMUNITY EDUCATION OPPORTUNITIES

Young Explorers Tour

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ - hour program. \$5 per person. Pre-registration is required. Call (562) 570-1745.

NATURE KIDS! SPRING BREAK WORKSHOPS

Pre-registration is required for all classes. Visit www.lbparks.org.

Ages: 5-8, \$15 per class. 9 AM-Noon. Join us for fun and exploration this spring! Children will experience nature through investigation, hands-on activities, games and crafts. A healthy snack will be provided. Children must have Kindergarten experience.

MONDAY, APRIL 2

24780 Animal Yoga

Use your imagination as we create our own set of Nature Center yoga poses like leaning tree, basking turtle, flying hawk, and crouching coyote. It's time to move and stretch as we imitate the animals we see and enjoy the peacefulness of the trails.

TUESDAY, APRIL 3

24781 Spring Magic

The sun is shining and flowers are blooming. Spring is in the air and so are our pollinator friends. Buzz by the Nature Center to learn about the bees and wasps that make our space a more beautiful place.

WEDNESDAY, APRIL 4

24782 Shell-a-bration

It's time to welcome back our reptilian pond dwellers...where have the turtles been all winter? We'll investigate and discover what makes them so special.

THURSDAY, APRIL 5

24783 Game of Thorns

Why do plants have stickers and thorns and other protective armor? Join us as we investigate survival of the fittest and the sharpest.

FRIDAY, APRIL 6

24784 Scratch 'n sniff

My... what a long nose you have... what big paws you have! Close your eyes and imagine what it's like to navigate using only your sense of touch and smell. Discover amazing adaptations that help animals explore the world around them.

SPECIAL EVENTS

Earth Day Coastal Cleanup

Help protect our coastline! Join in the efforts to help keep our local marine habitat clean and healthy.

Bring your own bucket or bag to limit the amount of trash we create. Saturday, April 21, 10 - noon. On the sand, east of the Belmont Pier. Rain cancels.

Turtle Show

Members of the Southern California Turtle and Tortoise Club will display turtles from all over the world.

Saturday, May 5, 10AM - 3PM.

Free program.



NATURE PROGRAMS

Family Night Walks

All ages \$5 per person, 2 yrs. and under free. Tuesdays, 7-9PM.

What do the animals do at night? Find out on a naturalist-led exploration of the darkened trails of the Nature Center. Pre-registration is required for all classes. Visit www.lbparcs.org.

24718 March 13

24719 April 10

24720 May 8

EL DORADO AUDUBON SOCIETY MEETING

Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.

Thursdays, March 15, April 19, & May 17. 7:30PM. Free program.



AUDUBON BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for a morning walk through the Nature Center.

Sundays, March 11, April 8, & May 13. 8AM. Free program.

"OUT OF THE WILDS AND INTO YOUR GARDEN"

Lecture Series. Join us for these expert-taught classes focusing on California Native plants for your home garden.

Saturdays, March 3, April 7, & May 5. 2-4PM. Free program.

DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, March 10, April 14, & May 12, 10AM - 3PM. Adults only. \$120 per person for unit of three classes.

Pre-registration is required. Call (562) 570-1745.

VOLUNTEER OPPORTUNITIES

WETLAND WARRIOR CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

Saturdays, March 17, May 19, 10AM - noon. Meet next to 101 Golden Shore Ave.

1ST SATURDAY STEWARDS - SERVICE LEARNING OPPORTUNITY

Help us maintain the beauty of the Nature Center by cleaning the stream, pulling weeds, clearing the trails or spreading mulch. Wear sturdy shoes. Rain cancels.

Pre-registration is required. Call (562) 570-1745.

Saturday, March 3, April 7, May 5, 10AM - noon.



EL DORADO EAST REGIONAL PARK

7550 East Spring St. • (562) 570-1771

Hours: Spring/Summer: 7:00AM-5:00PM

Mar 1 - Oct 31

Fall/Winter : 7:00AM-5:00PM,

Nov 1-Feb 28

GENERAL INFORMATION

To reserve a site at El Dorado Park for your next special event, please call (562) 570-3111. To view a park map, visit: http://www.longbeach.gov/globalassets/park/media-library/documents/park-and-facilities/facility-reservations/reservation-forms/eldomap_may09

VEHICLE ENTRY FEES

CASH ONLY: Monday-Thursday: \$5
Friday: \$6
Saturday and Sunday: \$7
Holidays: \$8
School Buses: \$30
Other buses: \$35 daily

AMENITIES AND SERVICES

- Archery range with target butts
- Barbecue grills - First come, first served
- Bicycle trails - paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- 2 Stocked Fishing lakes (license required for 16 yrs+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center - Closed Mondays
- Park Ranger supervision
- Physical Fitness Course - 12 stations - Area II
- Picnic Areas - first come, first served, and reserved areas
- Picnic Shelters
- Playgrounds
- Caboose Corners at El Dorado Park. Train rides and party packages. Open 10:30 to 4 PM, Saturday and Sunday. March through October. To book a party or for more information call Caboose Corners at 562-824-7225 or visit www.cabooscorners.com.
- Pedal boat rentals; reservations, Call (562) 824-7717.
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals - Wheel Fun Rentals, call (805) 650-7770.

ANNUAL PARKING PASSES

Purchase at Administration Office, 2760 Studebaker Road or El Dorado Nature Center, 7550 E. Spring Street.

- General Public Fee: \$60 Each
- Seniors ages 50+/Disabled Fee: \$35 Each

HOMELAND CULTURAL CENTER

321 Anaheim St. at Mac Arthur Park

(562) 570-1655

Hours: Mon-Thurs 3PM-10PM

Sat: 10AM-6PM; Sun: 9AM-6PM Closed Fridays

TAKE A FREE CLASS OR WORKSHOP! WINNER OF THE AWARD OF EXCELLENCE CALIFORNIA PARK AND RECREATION SOCIETY.

Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

African Drum/Dance

10:00AM-4:00PM.....Sat

Aztec Dance

7:00-9:00PM W

Bokator (Martial Arts)

7:00-9:00PMW, Th

Drums

4:00-6:00PM.....Tu

Guitar/Bass

4:00-6:00PM.....Th

Graf Murals

6:00-10:00PMM, Tu

Hmong Arts

9:00AM-2:00PM.....Sun

Micronesian Arts

2:00-6:00PM.....Sun

Senior Recreational Dance

3:00-5:00PMTu, W

Popping and Breakdance

6:00-10:00PMM, Tu

Breakdancing for Kids

4:00-6:00PM.....Tu

Movie Makers Workshop

4:00-6:00PM.....W



LONG BEACH CITY COLLEGE

SUMMER SESSION

June 13 – Aug. 21

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Rise Above.

www.lbcc.edu (562) 938-4111 [f](#) [t](#) [@lbccitycollege](#)

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Long Beach Transit goes all the same places you do. That's why we created the Connected Seniors Club to help you take more trips and explore more of Long Beach with your friends and neighbors.

Get your Senior TAP Card for discounted fares and more. Visit lbtransit.com or call **562.591.2301** for more information



RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road (562) 431-3541

www.RanchoLosAlamitos.org

Public Hours: Wednesday-Sunday 1-5PM

Rancho Los Alamitos is located within Bixby Hill. Enter through the residential security gate at Anaheim and Palo Verde.

Rancho Los Alamitos is a National Register site and has been home to diverse cultures for more than 1,500 years. The unforgettable 7½-acre landscape includes four acres of lush historic gardens primarily designed by the Olmsted Brothers, a Ranch House (c.1800) with a core of adobe and a restored barns area of the early 20th century working ranch which houses livestock including magnificent Shire horses, sheep, goats, chickens, ducks and rabbits. The award-winning Rancho Center is an expanded/adapted historic Horse Barn.

Hours: Wednesday-Sunday, 1-5PM. Enter at the Bixby Hill residential security gate at Anaheim and Palo Verde. Guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4pm. Garden tours are self-guided. Free admission.

Museum Shop: The Rancho's Museum Shop has unique gifts, many of which are created by local artisans. There is an atmosphere of friendliness and quality that makes visitors glad they came. You will find something new each time you visit. Rancho members at the \$100 Barn Raiser level receive a 15% discount. Open Wednesday through Sunday from 1:00 to 5:00 P.M. with close, free parking.



7TH ANNUAL COTTONWOOD AWARD LUNCHEON

Thursday, May 31st | 11:00AM – 1:00PM

Rancho Los Alamitos will honor Mayor Robert Garcia and the Historical Society of Long Beach for leadership in enhancing, promoting and supporting the cultural communities of the Southern California Region. This popular barbecue luncheon in the Rancho's barnyard will also celebrate the 50th anniversary of the Bixby family's gift of the site to the City of Long Beach. Rancho Los Alamitos is a site with a 1,500-year history and a 50-year track record as a public historic resource. Please visit the

Rancho's website for sponsorships and reservations.

BOOK AN EXCLUSIVE LUNCHEON AND TOUR

Your group of 10 or more can reserve an exclusive tour and an elegant, catered luncheon served to you in the Rancho garden. Advance reservations are required and the date is subject to availability. Please check for menus and pricing at RanchoLosAlamitos.org.

RANCHO LOS CERRITOS HISTORIC SITE

4600 North Virginia Road (562) 206-2040

www.RancholosCerritos.org

Public Hours: Wednesday-Sunday 1-5PM

Take a free tour of the 1844 two-story adobe house, guided by living history characters and house docents, during public hours. Guided tours of historic gardens offered Saturdays and Sundays or by request.

CREATION STATION

Saturdays March 3, April 7, May 5, June 2

Free drop-in program for elementary school-aged children featuring seasonal crafts and activities.

ROMANCES AT THE RANCHO

Saturday, February 10, tours starting 6-8pm. \$20/per person

Stroll by through a century of romance by candlelight! Experience heartwarming vignettes presented by costumed interpreters, then enjoy live music and a sumptuous dessert in the historic garden. Register online at rancholoscerritos.org.

TEEN BIRD WALKS

Saturdays March 24, April 28, May 26, June 23, 8AM

California Naturalist and Audubon member Randy Hardwood will lead a walk through the grounds of the historic rancho and watch both resident birds and seasonal migrants. Wear comfortable shoes; binoculars provided. RSVP by 8AM the day before the event: 562-206-2041 or rancho@rancholoscerritos.org. Free.

LECTURES

This year's lectures will focus on labor issues throughout history. Saturday mornings, starting at 10AM on Feb. 24, Mar. 24, and April 21. Register online at rancholoscerritos.org. Seating is limited.

BOOKBINDING WORKSHOP

Thursday March 15, 6-8PM \$35 per person

Participants will have an opportunity to make and take a hand-sewn book. Registration fee includes materials and wine and cheese. Register online at rancholoscerritos.org.

FAMILY YOGA IN THE GARDEN

Six Saturdays beginning April 14, 9-9:45AM

Family yoga for practitioners at every level of experience. Adults must accompany children to the class. \$10 per adult (age 14+)/\$5 per child. Save 10% when you buy the full series! Bring a yoga mat or beach towel and wear comfortable clothing. Register at rancholoscerritos.org.

YOGA IN THE GARDEN

Six Saturdays beginning April 14, 10-11AM

Yoga for practitioners at every level of experience. Adult-only (14+). \$10 per class, or save 10% when you buy the full six-week series! Bring a yoga mat or beach towel and wear comfortable clothing. Register at rancholoscerritos.org.

MOTHER'S DAY TEA

May 13, 11:30AM

Fête your mother, aunt, or another special woman in your life with our Mother's Day Tea. Enjoy sandwiches, scones and tea served by costumed docents. Check website for pricing and details. Register at rancholoscerritos.org.

GARDEN DOCENT TRAINING

Five Saturdays beginning March 3, 9AM-12:30PM

Learn about the history of the Rancho's gardens and grounds from the 1840s through the 1930s. Discover the various garden "rooms" and how Rancho families used them, then share these stories with the public!

AQUATICS DAY CAMPS

4320 Olympic Plaza • (562) 570-1888

We're remodeling! The dock at Leeway Sailing Center is currently under construction and being completely rebuilt. Aquatics Spring Camp will be back better than ever in Spring 2019.

AQUATICS SUMMER DAY CAMPS SUMMER REGISTRATION BEGINS: APRIL 14, 2018

Online: www.lbparks.org

Aquatics Camps Office: 4320 Olympic Plaza

Recreation Administration Office: 2760 N. Studebaker Road

Registration for the summer program will be accepted ONLINE & IN PERSON on a first come, first served basis beginning April 14, 2018. Program fees are due at the time of registration. Families wishing to register for multiple weeks are required to pay for the first week in full plus a \$20 non-refundable deposit for each additional week reserved.

Online Registration will be accepted 24 hours a day/7 days a week! Walk-in registration will be accepted at the Recreation Administration Office, Monday-Friday from 8AM-5PM and the Aquatics Camps Office by appointment only. Beginning June 11, Aquatics Camps Office hours will be 7-11AM.

PROGRAM INFORMATION

- All Aquatics Camps staff are trained lifeguards certified in First Aid, CPR and Water Safety instruction by the American Red Cross. Staff to camper ratio at Belmont Junior Beach Camp is 1:8. Staff to camper ratio at Bayshore Beach Camp and Bay Club Teen Camp is 1:10.

- Swim lessons are taught at both Belmont Junior Beach Camp and Bayshore Beach Camp. Swim lessons are not conducted on

excursion days. There is no additional charge for swim lessons.

- Excursion fees vary and are not included in the registration fee. Excursion fees are paid online during registration or on a weekly basis at the Aquatics Camps Office.

BELMONT JUNIOR BEACH CAMP

Ages 5-7, must have full day preschool or kindergarten experience. Join us outside the Belmont Outdoor Pool for summer fun. Campers enjoy games, crafts, beach play, songs, American Red Cross swimming lessons and excursions. Canoeing and sailing is conducted once each week at Leeway Sailing Center.

10-one week sessions, June 18-August 24, \$158 per week, 9AM-4PM. Extended day care, 7-9AM and 4-6PM at additional cost of \$25-\$50 per week.

BAYSHORE BEACH CAMP

Ages 8-12. The camp includes sailing, canoeing, kayaking, swimming, crafts, excursions and features environmental activities. A 45-minute Marine Biology lesson is conducted twice each week.

10-one week sessions, June 18-August 24, \$158 per week, 9am-4pm. Extended day care, 7-9am and 4-6pm at additional cost of \$25-\$50 per week.

BAY CLUB TEEN CAMP

Ages 13-15, must have completed 7th grade. Participants will learn the basics of sailing, canoeing and kayaking in addition to beach activities and field trips.

8 one-week sessions, June 18-Aug 10, \$123 per week, noon-5PM.

COUNSELOR-IN-TRAINING PROGRAM

Ages 13 – 17, must have completed 8th grade. Participants learn team building activities, camper supervision and boating skills in addition to obtaining valuable Red Cross CPR certification. Participants must be able to attend the entire three-week program.

1 four-week session, June 25 – July 20, \$310, 9AM-2PM

CAUTION: There could be pipelines, conduits, fiber optics and other buried utilities anywhere on your property. Find out by calling 811 before doing any major or minor home projects such as, installing irrigation systems, ponds, fences, mailbox posts, for sale signs, or building a room addition or new swimming pool or when planting trees and shrubs.

The One Call Center is the designated 811 Dig Alert Program that maintains the communication between excavators and utility companies. You can avoid damage to underground utilities or serious accidents and injuries by calling 811 or using the online service, DigAlert Express, at www.digalert.org/homeguide.html for FREE.

It is the California State Law (Government Code 4216), to Call 811 two full days prior to digging and to obtain a dig alert ticket. The law also requires hand exposing to the point of no conflict which is 24 inches on either side of the underground facility.



2
CONTACT DIG ALERT & START A DIG ALERT TICKET (Valid for 28 days from issue date)

3
WAIT 2 BUSINESS DAYS. Each utility company will mark their lines using a standard color code or advise of no conflict.

4
RESPECT THE MARKS

1
SURVEY AND MARK your proposed dig area in white (chalk, paint, flag or flour)

Steps for Planning a Homeowner Project

5
DIG WITH CARE. Use hand tools to clearly expose what's underground before using power equipment

COLOR CODES FOR MARKING UNDERGROUND UTILITY LINES

RED Electric Power Lines, Cables, Conduit and Lighting Cables	YELLOW Gas, Oil, Steam, Petroleum or Gaseous Materials	ORANGE Communication, Alarm, or Signal Lines, Cables or Conduit	BLUE Potable Water
GREEN Sewer and Drain Lines	PURPLE Reclaimed Water, Irrigation and Slurry Lines	PINK Temporary Survey Markings	WHITE Proposed Excavation

Please notify the City of Long Beach Gas & Oil Department (LBGO) as soon as possible for any kind of damage to our gas pipeline (scratch, simple nick, wrap damage, cut, hole) as well as any suspicious activity to our 24 Hour Emergency Hotline: **562-570-2140**.

For more information please visit: <http://www.longbeach.gov/lbgo/>



YOUR SAFETY IS OUR PRIORITY



BELMONT PLAZA POOL

4320 East Olympic Plaza, (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80 – 82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED MONDAY, MAY 28 (MEMORIAL DAY).**

OPEN SWIM FEES

Youth (ages 17yrs&under).....\$1
Seniors (ages 50yrs&over.....\$3
Adults (ages 18-49yrs).....\$4

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-**\$25**, Seniors-**\$56**, Adults-**\$87**. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

Mon-Fri.....5:30AM-9:30AM
Mon/Wed/Fri.....10:00AM-2:00PM
Tues/Thurs.....11:00AM-2:00PM
Tues/Thurs.....7:00PM-9:00PM
Sat & Sun8:00AM-12:00PM

ALL AGES RECREATION SWIM

Mon/Wed.....7:00PM-9:00PM
Sat & Sun12:00PM-2:00PM

Swim meets and special events may cause changes to the regular pool schedule, Call the pool at 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back, For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$42 for a fitness pass valid for 10 classes.

SHALLOW WATER EXERCISE:

Mon/Wed/Fri/Sun 11:00AM-11:50AM
Tue/Thursday 7:10PM-8:00PM

DEEP WATER EXERCISE:

Mon/Wed/Fri/Sun 10:00AM-10:50AM

SWIMMING LESSONS

Class options: Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings, Youth classes are 25 minutes in length; Adults 50 minutes, Registration for classes will be available on-line (lb-parks.org) or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lb-parks.org> to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test, Classes may be canceled or combined in the event of low enrollment, Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years, A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kick-boards, floating on back, and rolling over.

24442	9Mths-2Yrs	3/12-4/4	6:30PM-6:55PM	MW	\$43
24476	9Mths-2Yrs	4/9-5/2	6:30PM-6:55PM	MW	\$43
24527	9Mths-2Yrs	5/7-5/30	6:30PM-6:55PM	MW	\$38
24445	9Mths-2Yrs	3/13-4/5	3:00PM-3:25PM	TTh	\$43
24479	9Mths-2Yrs	4/10-5/3	3:00PM-3:25PM	TTh	\$43
24530	9Mths-2Yrs	5/8-5/31	3:00PM-3:25PM	TTh	\$43
24413	9Mths-2Yrs	3/3-4/21	9:00AM-9:25AM	Sa	\$43
24425	9Mths-2Yrs	3/3-4/21	11:30AM-11:55AM	Sa	\$43
24498	9Mths-2Yrs	4/28-6/16	9:00AM-9:25AM	Sa	\$43
24510	9Mths-2Yrs	4/28-6/16	11:30AM-11:55AM	Sa	\$43

AQUATICS – PRESCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include:blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

24428	3Yrs-5Yrs	3/12-4/4	3:00PM-3:25PM	MW	\$43
24462	3Yrs-5Yrs	4/9-5/2	3:00PM-3:25PM	MW	\$43
24513	3Yrs-5Yrs	5/7-5/30	3:00PM-3:25PM	MW	\$38
24446	3Yrs-5Yrs	3/13-4/5	3:00PM-3:25PM	TTh	\$43
24480	3Yrs-5Yrs	4/10-5/3	3:00PM-3:25PM	TTh	\$43
24531	3Yrs-5Yrs	5/8-5/31	3:00PM-3:25PM	TTh	\$43
24430	3Yrs-5Yrs	3/12-4/4	5:00PM-5:25PM	MW	\$43
24464	3Yrs-5Yrs	4/9-5/2	5:00PM-5:25PM	MW	\$43
24515	3Yrs-5Yrs	5/7-5/30	5:00PM-5:25PM	MW	\$38
24448	3Yrs-5Yrs	3/13-4/5	5:00PM-5:25PM	TTh	\$43
24482	3Yrs-5Yrs	4/10-5/3	5:00PM-5:25PM	TTh	\$43
24533	3Yrs-5Yrs	5/8-5/31	5:00PM-5:25PM	TTh	\$43
24414	3Yrs-5Yrs	3/3-4/21	9:00AM-9:25AM	Sa	\$43
24417	3Yrs-5Yrs	3/3-4/21	10:30AM-10:55AM	Sa	\$43
24499	3Yrs-5Yrs	4/28-6/16	9:00AM-9:25AM	Sa	\$43
24502	3Yrs-5Yrs	4/28-6/16	10:30AM-10:55AM	Sa	\$43

AQUATICS – PRESCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

24429	3Yrs-5Yrs	3/12-4/4	3:00PM-3:25PM	MW	\$43
24463	3Yrs-5Yrs	4/9-5/2	3:00PM-3:25PM	MW	\$43
24514	3Yrs-5Yrs	5/7-5/30	3:00PM-3:25PM	MW	\$38
24447	3Yrs-5Yrs	3/13-4/5	3:30PM-3:55PM	TTh	\$43
24481	3Yrs-5Yrs	4/10-5/3	3:30PM-3:55PM	TTh	\$43
24532	3Yrs-5Yrs	5/8-5/31	3:30PM-3:55PM	TTh	\$43
24431	3Yrs-5Yrs	3/12-4/4	5:00PM-5:25PM	MW	\$43
24465	3Yrs-5Yrs	4/9-5/2	5:00PM-5:25PM	MW	\$43
24516	3Yrs-5Yrs	5/7-5/30	5:00PM-5:25PM	MW	\$38
24449	3Yrs-5Yrs	3/13-4/5	5:30PM-5:55PM	TTh	\$43
24483	3Yrs-5Yrs	4/10-5/3	5:30PM-5:55PM	TTh	\$43
24534	3Yrs-5Yrs	5/8-5/31	5:30PM-5:55PM	TTh	\$43
24415	3Yrs-5Yrs	3/3-4/21	9:30AM-9:55AM	Sa	\$43
24418	3Yrs-5Yrs	3/3-4/21	11:00AM-11:25AM	Sa	\$43
24500	3Yrs-5Yrs	4/28-6/16	9:30AM-9:55AM	Sa	\$43
24503	3Yrs-5Yrs	4/28-6/16	11:00AM-11:25AM	Sa	\$43

AQUATICS – PRESCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breast-stroke and water safety skills.

24432	3Yrs-5Yrs	3/12-4/4	3:30PM-3:55PM	MW	\$43
24466	3Yrs-5Yrs	4/9-5/2	3:30PM-3:55PM	MW	\$43
24517	3Yrs-5Yrs	5/7-5/30	3:30PM-3:55PM	MW	\$38
24450	3Yrs-5Yrs	3/13-4/5	3:30PM-3:55PM	TTh	\$43
24484	3Yrs-5Yrs	4/10-5/3	3:30PM-3:55PM	TTh	\$43
24535	3Yrs-5Yrs	5/8-5/31	3:30PM-3:55PM	TTh	\$43
24416	3Yrs-5Yrs	3/3-4/21	9:30AM-9:55AM	Sa	\$43
24501	3Yrs-5Yrs	4/28-6/16	9:30AM-9:55AM	Sa	\$43

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

24433	6Yrs-12Yrs	3/12-4/4	3:30PM-3:55PM	MW	\$43
24467	6Yrs-12Yrs	4/9-5/2	3:30PM-3:55PM	MW	\$43
24518	6Yrs-12Yrs	5/7-5/30	3:30PM-3:55PM	MW	\$38
24451	6Yrs-12Yrs	3/13-4/5	4:00PM-4:25PM	TTh	\$43
24485	6Yrs-12Yrs	4/10-5/3	4:00PM-4:25PM	TTh	\$43
24536	6Yrs-12Yrs	5/8-5/31	4:00PM-4:25PM	TTh	\$43
24434	6Yrs-12Yrs	3/12-4/4	5:30PM-5:55PM	MW	\$43
24468	6Yrs-12Yrs	4/9-5/2	5:30PM-5:55PM	MW	\$43
24519	6Yrs-12Yrs	5/7-5/30	5:30PM-5:55PM	MW	\$38
24452	6Yrs-12Yrs	3/13-4/5	5:30PM-5:55PM	TTh	\$43
24486	6Yrs-12Yrs	4/10-5/3	5:30PM-5:55PM	TTh	\$43
24537	6Yrs-12Yrs	5/8-5/31	5:30PM-5:55PM	TTh	\$43
24419	6Yrs-12Yrs	3/3-4/21	10:00AM-10:25AM	Sa	\$43
24422	6Yrs-12Yrs	3/3-4/21	11:00AM-11:25AM	Sa	\$43
24504	6Yrs-12Yrs	4/28-6/16	10:00AM-10:25AM	Sa	\$43
24507	6Yrs-12Yrs	4/28-6/16	11:00AM-11:25AM	Sa	\$43

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

24435	6Yrs-12Yrs	3/12-4/4	4:00PM-4:25PM	MW	\$43
24469	6Yrs-12Yrs	4/9-5/2	4:00PM-4:25PM	MW	\$43
24520	6Yrs-12Yrs	5/7-5/30	4:00PM-4:25PM	MW	\$38
24453	6Yrs-12Yrs	3/13-4/5	4:00PM-4:25PM	TTh	\$43
24487	6Yrs-12Yrs	4/10-5/3	4:00PM-4:25PM	TTh	\$43
24538	6Yrs-12Yrs	5/8-5/31	4:00PM-4:25PM	TTh	\$43
24436	6Yrs-12Yrs	3/12-4/4	5:30PM-5:55PM	MW	\$43
24470	6Yrs-12Yrs	4/9-5/2	5:30PM-5:55PM	MW	\$43
24521	6Yrs-12Yrs	5/7-5/30	5:30PM-5:55PM	MW	\$38
24454	6Yrs-12Yrs	3/13-4/5	6:00PM-6:25PM	TTh	\$43
24488	6Yrs-12Yrs	4/10-5/3	6:00PM-6:25PM	TTh	\$43
24539	6Yrs-12Yrs	5/8-5/31	6:00PM-6:25PM	TTh	\$43
24420	6Yrs-12Yrs	3/3-4/21	10:00AM-10:25AM	Sa	\$43
24423	6Yrs-12Yrs	3/3-4/21	11:30AM-11:55AM	Sa	\$43
24505	6Yrs-12Yrs	4/28-6/16	10:00AM-10:25AM	Sa	\$43
24508	6Yrs-12Yrs	4/28-6/16	11:30AM-11:55AM	Sa	\$43

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

24437	6Yrs-12Yrs	3/12-4/4	4:00PM-4:25PM	MW	\$43
24471	6Yrs-12Yrs	4/9-5/2	4:00PM-4:25PM	MW	\$43
24522	6Yrs-12Yrs	5/7-5/30	4:00PM-4:25PM	MW	\$38
24455	6Yrs-12Yrs	3/13-4/5	4:30PM-4:55PM	TTh	\$43
24489	6Yrs-12Yrs	4/10-5/3	4:30PM-4:55PM	TTh	\$43
24540	6Yrs-12Yrs	5/8-5/31	4:30PM-4:55PM	TTh	\$43
24438	6Yrs-12Yrs	3/12-4/4	6:00PM-6:25PM	MW	\$43
24472	6Yrs-12Yrs	4/9-5/2	6:00PM-6:25PM	MW	\$43
24523	6Yrs-12Yrs	5/7-5/30	6:00PM-6:25PM	MW	\$38
24456	6Yrs-12Yrs	3/13-4/5	6:30PM-6:55PM	TTh	\$43
24490	6Yrs-12Yrs	4/10-5/3	6:30PM-6:55PM	TTh	\$43

24541	6Yrs-12Yrs	5/8-5/31	6:30PM-6:55PM	TTh	\$43
24421	6Yrs-12Yrs	3/3-4/21	10:30AM-10:55AM	Sa	\$43
24506	6Yrs-12Yrs	4/28-6/16	10:30AM-10:55AM	Sa	\$43

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

24439	6Yrs-12Yrs	3/12-4/4	4:30PM-4:55PM	MW	\$43
24473	6Yrs-12Yrs	4/9-5/2	4:30PM-4:55PM	MW	\$43
24524	6Yrs-12Yrs	5/7-5/30	4:30PM-4:55PM	MW	\$38
24457	6Yrs-12Yrs	3/13-4/5	4:30PM-4:55PM	TTh	\$43
24491	6Yrs-12Yrs	4/10-5/3	4:30PM-4:55PM	TTh	\$43
24542	6Yrs-12Yrs	5/8-5/31	4:30PM-4:55PM	TTh	\$43
24424	6Yrs-12Yrs	3/3-4/21	8:30AM-8:55AM	Sa	\$43
24509	6Yrs-12Yrs	4/28-6/16	8:30AM-8:55AM	Sa	\$43

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

24441	6Yrs-12Yrs	3/12-4/4	4:30PM-4:55PM	MW	\$43
24475	6Yrs-12Yrs	4/9-5/2	4:30PM-4:55PM	MW	\$43
24526	6Yrs-12Yrs	5/7-5/30	4:30PM-4:55PM	MW	\$38
24459	6Yrs-12Yrs	3/13-4/5	5:00PM-5:25PM	TTh	\$43
24493	6Yrs-12Yrs	4/10-5/3	5:00PM-5:25PM	TTh	\$43
24544	6Yrs-12Yrs	5/8-5/31	5:00PM-5:25PM	TTh	\$43
24412	6Yrs-12Yrs	3/3-4/21	8:00AM-8:25AM	Sa	\$43
24497	6Yrs-12Yrs	4/28-6/16	8:00AM-8:25AM	Sa	\$43

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

24440	13Yrs +	3/12-4/4	6:00PM-6:50PM	MW	\$51
24474	13Yrs +	4/9-5/2	6:00PM-6:50PM	MW	\$51
24525	13Yrs +	5/7-5/30	6:00PM-6:50PM	MW	\$45
24458	13Yrs +	3/13-4/5	6:00PM-6:50PM	TTh	\$51
24492	13Yrs +	4/10-5/3	6:00PM-6:50PM	TTh	\$51
24543	13Yrs +	5/8-5/31	6:00PM-6:50PM	TTh	\$51
24411	13Yrs +	3/3-4/21	8:00AM-8:50AM	Sa	\$51
24494	13Yrs +	4/28-6/16	8:00AM-8:50AM	Sa	\$51

PRIVATE & SEMI-PRIVATE SWIM LESSONS: Enroll to the wait-list online at no cost. Pool staff will fill all available slots from the wait-list. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$155 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings: March-October. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

AQUATICS - BELMONT PRIVATE SWIM LESSONS

24426	9Mths&Up	3/12-4/4	3:00PM-7:00PM	MW	\$155
24460	9Mths&Up	4/9-5/2	3:00PM-7:00PM	MW	\$155
24511	9Mths&Up	5/7-5/30	3:00PM-7:00PM	MW	\$136
24443	9Mths&Up	3/13-4/5	3:00PM-7:00PM	TTh	\$155
24477	9Mths&Up	4/10-5/3	3:00PM-7:00PM	TTh	\$155
24528	9Mths&Up	5/8-5/31	3:00PM-7:00PM	TTh	\$155
24409	9Mths&Up	3/3-4/21	8:00AM-12:00PM	Sa	\$155
24495	9Mths&Up	4/28-6/16	8:00AM-12:00PM	Sa	\$155

AQUATICS – BELMONT SEMI PRIVATE SWIM LESSONS

24427	9Mths&Up	3/12-4/4	3:00PM-7:00PM	MW	\$103
24461	9Mths&Up	4/9-5/2	3:00PM-7:00PM	MW	\$103
24512	9Mths&Up	5/7-5/30	3:00PM-7:00PM	MW	\$91
24444	9Mths&Up	3/13-4/5	3:00PM-7:00PM	TTh	\$103
24478	9Mths&Up	4/10-5/3	3:00PM-7:00PM	TTh	\$103
24529	9Mths&Up	5/8-5/31	3:00PM-7:00PM	TTh	\$103
24410	9Mths&Up	3/3-4/21	8:00AM-12:00PM	Sa	\$103
24496	9Mths&Up	4/28-6/16	8:00AM-12:00PM	Sa	\$103

KING PARK POOL

1910 Lemon Avenue (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED MONDAY, MAY 28 (MEMORIAL DAY).**

OPEN SWIM FEES

Youth (ages 17yrs&under), \$1.00

Senior Citizens (ages 50yrs&up), \$2.00

Adults (ages 18-49yrs), \$3.00

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-**\$25**, Seniors-**\$40**, Adults-**\$65**. Membership pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M/W/F 6:00AM-9:00AM

T/Th/F 12:00PM-2:00PM

Sa/Su 11:30AM-1:00PM

ALL AGES RECREATION SWIM

Sa/Su 1:00PM-3:30PM

T/Th/F 3:00PM-4:30PM

T/Th 6:30PM-8:00PM

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you. It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water M/W/F 6:30AM-7:20AM

Shallow Water M/W/F 8:00AM-8:50AM

Shallow Water M/W 6:00PM-6:50PM.

SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

24622	9 Mths-3Yrs	3/6-3/29	6:00PM-6:25PM	TTh	\$32
24623	9 Mths-3Yrs	4/3-4/26	6:00PM-6:25PM	TTh	\$32
24625	9 Mths-3Yrs	5/1-5/24	6:00PM-6:25PM	TTh	\$32
24624	9 Mths-3Yrs	3/3-4/21	11:00AM-11:25AM	Sa	\$32
24626	9 Mths-3Yrs	4/28-6/16	11:00AM-11:25AM	Sa	\$32

AQUATICS - PRE-SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

24627	3Yrs- 5Yrs.	3/6-3/29	4:00PM-4:25PM	TTh	\$32
24628	3Yrs-5Yrs.	4/3-4/26	4:00PM-4:25PM	TTh	\$32
24634	3Yrs-5Yrs.	5/1-5/24	4:00PM-4:25PM	TTh	\$32
24629	3Yrs-5Yrs.	3/6-3/29	5:30PM-5:55PM	TTh	\$32
24630	3Yrs-5Yrs.	4/3-4/26	5:30PM-5:55PM	TTh	\$32
24635	3Yrs-5Yrs.	5/1-5/24	5:30PM-5:55PM	TTh	\$32
24631	3Yrs-5Yrs.	3/3-4/21	10:00AM-10:25AM	Sa	\$32
24632	3Yrs-5Yrs.	3/3-4/21	11:30AM-11:55AM	Sa	\$32
24633	3Yrs-5Yrs.	3/3-4/21	12:00PM-12:25PM	Sa	\$32
24636	3Yrs-5Yrs.	4/28-6/16	10:00AM-10:25AM	Sa	\$32
24637	3Yrs-5Yrs.	4/28-6/16	11:30AM-11:55AM	Sa	\$32
24638	3Yrs-5Yrs.	4/28-6/16	12:00PM-12:25PM	Sa	\$32

AQUATICS - PRE-SCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

24639	3Yrs-5Yrs	3/6-3/29	5:00PM-5:25PM	TTh	\$32
24640	3Yrs-5Yrs	4/3-4/26	5:00PM-5:25PM	TTh	\$32
24642	3Yrs-5Yrs	5/1-5/24	5:00PM-5:25PM	TTh	\$32
24641	3Yrs-5Yrs	3/3-4/21	10:30AM-10:55AM	Sa	\$32
24643	3Yrs-5Yrs	4/28-6/16	10:30AM-10:55AM	Sa	\$32

AQUATICS - PRE-SCHOOL AQUATICS 3

Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breast-stroke, and water safety skills.

24644	3Yrs-5Yrs	3/6-3/29	5:00PM-5:25PM	TTh	\$32
24645	3Yrs-5Yrs.	4/3-4/26	5:00PM-5:25PM	TTh	\$32
24647	3Yrs-5Yrs.	5/1-5/24	5:00PM-5:25PM	TTh	\$32
24646	3Yrs-5Yrs.	3/3-4/21	10:30AM-10:55AM	Sa	\$32
24648	3Yrs-5Yrs.	4/28-6/16	10:30AM-10:55AM	Sa	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

24591	6Yrs-12Yrs.	3/6-3/29	4:30PM-4:55PM	TTh	\$32
24592	6Yrs-12Yrs.	4/3-4/26	4:30PM-4:55PM	TTh	\$32
24596	6Yrs-12Yrs.	5/1-5/24	4:30PM-4:55PM	TTh	\$32
24593	6Yrs-12Yrs.	3/3-4/21	10:00AM-10:25AM	Sa	\$32
24594	6Yrs-12Yrs.	3/3-4/21	11:00AM-11:25AM	Sa	\$32
24595	6Yrs-12Yrs.	3/3-4/21	12:00PM-12:25PM	Sa	\$32
24597	6Yrs-12Yrs.	4/28-6/16	10:00AM-10:25AM	Sa	\$32
24598	6Yrs-12Yrs.	4/28-6/16	11:00AM-11:25AM	Sa	\$32
24599	6Yrs-12Yrs.	4/28-6/16	12:00PM-12:25PM	Sa	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

24600	6Yrs-12Yrs.	3/6-3/29	5:30PM-5:55PM	TTh	\$32
24601	6Yrs-12Yrs.	4/3-4/26	5:30PM-5:55PM	TTh	\$32
24603	6Yrs-12Yrs.	5/1-5/24	5:30PM-5:55PM	TTh	\$32

40 REGISTER ONLINE AT WWW.LBPARKS.ORG

24602	6Yrs-12Yrs.	3/3-4/21	10:30AM-10:55AM	Sa	\$32
24604	6Yrs-12Yrs.	4/28-6/16	10:30AM-10:55AM	Sa	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

24605	6Yrs-12Yrs.	3/6-3/29	6:00PM-6:25PM	TTh	\$32
24606	6Yrs-12Yrs.	4/3-4/26	6:00PM-6:25PM	TTh	\$32
24608	6Yrs-12Yrs.	5/1-5/24	6:00PM-6:25PM	TTh	\$32
24607	6Yrs-12Yrs.	3/3-4/21	11:30AM-11:55AM	Sa	\$32
24609	6Yrs-12Yrs.	4/28-6/16	11:30AM-11:55AM	Sa	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

24610	6 Yrs-12Yrs.	3/6-3/29	4:30PM-4:55PM	TTh	\$32
24611	6 Yrs-12Yrs.	4/3-4/26	4:30PM-4:55PM	TTh	\$32
24613	6 Yrs-12Yrs.	5/1-5/24	4:30PM-4:55PM	TTh	\$32
24612	6 Yrs-12Yrs.	3/3-4/21	11:00AM-11:25AM	Sa	\$32
24614	6 Yrs-12Yrs.	4/28-6/16	11:00AM-11:25AM	Sa	\$32

AQUATICS - LEVEL 5 (SATURDAY) OR LEVEL 5/6 (TUESDAY & THURSDAY)

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

Tuesday/Thursday Classes are combined with Level 6.

24617	6Yrs-12Yrs.	3/6-3/29	5:00PM-5:25PM	TTh	\$32
24618	6Yrs-12Yrs.	4/3-4/26	5:00PM-5:25PM	TTh	\$32
24619	6Yrs-12Yrs.	5/1-5/24	5:00PM-5:25PM	TTh	\$32
24615	6Yrs-12Yrs.	3/3-4/21	9:00AM-9:25AM	Sa	\$32
24616	6Yrs-12Yrs.	4/28-6/16	9:00AM-9:25AM	Sa	\$32

AQUATICS - LEVEL 6 (SATURDAY) OR LEVEL 5/6 (TUESDAY & THURSDAY)

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly. Tuesday/Thursday Classes are combined with Level 5.

24617	6Yrs-12Yrs.	3/6-3/29	5:00PM-5:25PM	TTh	\$32
24618	6Yrs-12Yrs.	4/3-4/26	5:00PM-5:25PM	TTh	\$32
24619	6Yrs-12Yrs.	5/1-5/24	5:00PM-5:25PM	TTh	\$32
24620	6Yrs-12Yrs.	3/3-4/21	9:00AM-9:25AM	Sa	\$32
24621	6Yrs-12Yrs.	4/28-6/16	9:00AM-9:25AM	Sa	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

24584	13 Yrs+	3/6-3/29	5:30PM-6:20PM	TTh	\$40
24585	13 Yrs+	4/3-4/26	5:30PM-6:20PM	TTh	\$40
24587	13 Yrs+	5/1-5/24	5:30PM-6:20PM	TTh	\$40
24586	13 Yrs+	3/3-4/21	9:00AM-9:50AM	Sa	\$40
24588	13 Yrs+	4/28-6/16	9:00AM-9:50AM	Sa	\$40

JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life-guarding skills. Must have Level 5 swim skills and be between the ages of 11-16.

24589	11Yrs -16Yrs	3/3-4/21	9:30AM-10:30AM	Sa	\$32
24590	11Yrs -16Yrs	4/28-6/16	9:30AM-10:30AM	Sa	\$32

POOL RENTALS

Please call the pool supervisor at 570-1718 for information, fees and scheduling availability.

SILVERADO PARK POOL

1540 West 32nd Street, (562) 570-1721

GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82-84 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED MONDAY, MAY 28 (MEMORIAL DAY).**

OPEN SWIM FEES

Youth: (ages 17Yrs&Under) \$1

Seniors: (ages 50Yrs&Over) \$2

Adults: (ages 18-49Yrs) \$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-**\$25**, Seniors-**\$40**, Adults-**\$65**. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

Mon/Wed/Fri..... 6:30AM-11:00AM

Mon/Wed/Fri..... 12:00PM-2:30PM

Mon/Wed..... 6:00PM-7:00PM, 2 LANES ONLY

Sat..... 12:00PM-1:00PM

Sun..... 8:00AM-11:00AM

ALL AGES RECREATION SWIM

Sat..... 1:00PM-3:30PM

WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. Shallow Water Exercise: M/W/F/Su 11:00AM-11:50AM

WEIGHT AREA

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS

Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.



Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to: The City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, floating on back, and rolling over.

24687	9Mths-3Yrs	3/5-3/28	6:00PM-6:25PM	MW	\$32
24688	9Mths-3Yrs	4/2-4/25	6:00PM-6:25PM	MW	\$32
24689	9Mths-3Yrs	4/30-5/23	6:00PM-6:25PM	MW	\$32
24686	9Mths-3Yrs	3/3-4/21	9:00AM-9:25AM	Sa	\$32
24690	9Mths-3Yrs	4/28-6/16	9:00AM-9:25AM	Sa	\$32



AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

24692	3Yrs-5Yrs	3/5-3/28	4:00PM-4:25PM	MW	\$32
24693	3Yrs-5Yrs	4/2-4/25	4:00PM-4:25PM	MW	\$32
24694	3Yrs-5Yrs	4/30-5/23	4:00PM-4:25PM	MW	\$32
24691	3Yrs-5Yrs	3/3-4/21	9:30AM-9:55AM	Sa	\$3
24695	3Yrs-5Yrs	4/28-6/16	9:30AM-9:55AM	Sa	\$32
24696	3Yrs-5Yrs	3/3-4/21	10:00AM-10:25AM	Sa	\$32
24697	3Yrs-5Yrs	4/28-6/16	10:00AM-10:25AM	Sa	\$32

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

24699	3Yrs-5Yrs	3/5-3/28	4:00PM-4:25PM	MW	\$32
24700	3Yrs-5Yrs	4/2-4/25	4:00PM-4:25PM	MW	\$32
24701	3Yrs-5Yrs	4/30-5/23	4:00PM-4:25PM	MW	\$32
24698	3Yrs-5Yrs	3/3-4/21	9:30AM-9:55AM	Sa	\$32
24702	3Yrs-5Yrs	4/28-6/16	9:30AM-9:55AM	Sa	\$32

AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

24704	3Yrs-5Yrs	3/5-3/28	5:00PM-5:25PM	MW	\$32
24705	3Yrs-5Yrs	4/2-4/25	5:00PM-5:25PM	MW	\$32
24706	3Yrs-5Yrs	4/30-5/23	5:00PM-5:25PM	MW	\$32
24703	3Yrs-5Yrs	3/3-4/21	10:30AM-10:55AM	Sa	\$32
24707	3Yrs-5Yrs	4/28-6/16	10:30AM-10:55AM	Sa	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

24655	6Yrs-12Yrs	3/5-3/28	4:30PM-4:55PM	MW	\$32
24656	6 Yrs-12Yrs	4/2-4/25	4:30PM-4:55PM	MW	\$32
24657	6 Yrs-12Yrs	4/30-5/23	4:30PM-4:55PM	MW	\$32
24654	6 Yrs-12Yrs	3/3-4/21	10:00AM-10:25AM	Sa	\$32
24658	6 Yrs-12Yrs	4/28-6/16	10:00AM-10:25AM	Sa	\$32
24659	6 Yrs-12Yrs	3/3-4/21	11:00AM-11:25AM	Sa	\$32
24660	6 Yrs-12Yrs	4/28-6/16	11:00AM-11:25AM	Sa	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

24662	6Yrs-12Yrs	3/5-3/28	4:30PM-4:55PM	MW	\$32
24663	6Yrs-12Yrs	4/2-4/25	4:30PM-4:55PM	MW	\$32
24664	6Yrs-12Yrs	4/30-5/23	4:30PM-4:55PM	MW	\$32
24661	6Yrs-12Yrs	3/3-4/21	10:00AM-10:25AM	Sa	\$32
24665	6Yrs-12Yrs	4/28-6/16	10:00AM-10:25AM	Sa	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

24667	6Yrs-12Yrs	3/5-3/28	5:00PM-5:25PM	MW	\$32
24668	6 Yrs-12Yrs	4/2-4/25	5:00PM-5:25PM	MW	\$32
24669	6 Yrs-12Yrs	4/30-5/23	5:00PM-5:25PM	MW	\$32
24666	6Yrs-12Yrs	3/3-4/21	10:30AM-10:55AM	Sa	\$32
24670	6Yrs-12Yrs	4/28-6/16	10:30AM-10:55AM	Sa	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

24672	6Yrs-12Yrs	3/5-3/28	5:00PM-5:25PM	MW	\$32
24673	6Yrs-12Yrs	4/2-4/25	5:00PM-5:25PM	MW	\$32
24674	6Yrs-12Yrs	4/30-5/23	5:00PM-5:25PM	MW	\$32
24671	6Yrs-12Yrs	3/3-4/21	10:30AM-10:55AM	Sa	\$32
24675	6Yrs-12Yrs	4/28-6/16	10:30AM-10:55AM	Sa	\$32

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

24676	6Yrs-12Yrs	3/5-3/28	5:30PM-5:55PM	MW	\$32
24677	6Yrs-12Yrs	4/2-4/25	5:30PM-5:55PM	MW	\$32
24678	6Yrs-12Yrs	4/30-5/23	5:30PM-5:55PM	MW	\$32
24679	6Yrs-12Yrs	3/3-4/21	11:00AM-11:25AM	Sa	\$32
24680	6Yrs-12Yrs	4/28-6/16	11:00AM-11:25AM	Sa	\$32

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

24682	6Yrs-12Yrs	3/5-3/28	5:30PM-5:55PM	MW	\$32
24683	6Yrs-12Yrs	4/2-4/25	5:30PM-5:55PM	MW	\$32
24684	6Yrs-12Yrs	4/30-5/23	5:30PM-5:55PM	MW	\$32
24681	6Yrs-12Yrs	3/3-4/21	11:00AM-11:25AM	Sa	\$32
24685	6Yrs-12Yrs	4/28-6/16	11:00AM-11:25AM	Sa	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

24650	13Yrs +	3/5-3/28	6:00PM-6:50PM	MW	\$40
24651	13Yrs +	4/2-4/25	6:00PM-6:50PM	MW	\$40
24652	13Yrs +	4/30-5/23	6:00PM-6:50PM	MW	\$40
24649	13Yrs +	3/3-4/21	8:00AM-8:50AM	Sa	\$40
24653	13Yrs +	4/21-6/9	8:00AM-8:50AM	Sa	\$40

PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has 36 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.

LEEWAY SAILING CENTER

205 North Marina Drive (562) 570-1719

GENERAL INFORMATION

Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. **LEEWAY CLOSED SATURDAY, MAY 26 – MONDAY, MAY 28** (MEMORIAL DAY Holiday).

PLEASE NOTE: The Leeway Sailing Center dock and pier rebuild is currently underway. Leeway Sailing Center activities will set sail from the Marine Bureau Headquarters located at 205 North Marina Drive, Long Beach for the duration of construction.

BEGINNING SABOT SAILING (8' BOATS) 8yrs & up • \$117

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

24570	3/3-3/24	9:00AM-12:00PM	Sa
24571	3/31-4/21	9:00AM-12:00PM	Sa
24572	4/28-5/19	9:00AM-12:00PM	Sa

INTERMEDIATE SABOT SAILING (8' BOATS) 8yrs & up • \$117

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

24576	3/3-3/24	12:30PM-3:30PM	Sa
24577	3/31-4/21	12:30PM-3:30PM	Sa
24578	4/28-5/19	12:30PM-3:30PM	Sa

BEGINNING CAPRI SAILING (14' BOATS) 13yrs & up • \$117

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

24564	3/3-3/24	9:00AM-12:00PM	Sa
24565	3/31-4/21	9:00AM-12:00PM	Sa
24566	4/28-5/19	9:00AM-12:00PM	Sa
24567	3/4-3/25	9:00AM-12:00PM	Su
24568	4/1-4/22	9:00AM-12:00PM	Su
24569	4/29-5/20	9:00AM-12:00PM	Su

INTERMEDIATE CAPRI SAILING (14' BOATS) 13yrs & up • \$117

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

24573	3/4-3/25	12:30PM-3:30PM	Su
24574	4/1-4/22	12:30PM-3:30PM	Su
24575	4/29-5/20	12:30PM-3:30PM	Su

KEELBOAT CLASS 13yrs & up • \$133

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

24579	3/4-3/25	10:00AM-2:00PM	Su
24580	4/1-4/22	10:00AM-2:00PM	Su
24581	4/29-5/20	10:00AM-2:00PM	Su

SABOT RACING CLINIC (8' BOATS) 8yrs & up \$189

This six-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. Participants should bring their own lunch, water and snacks. Must

have instructor approval to register. Class will take place every other Sunday from 12-3PM. The clinic begins on: Sunday, March 4.

24582	3/4-5/13	12:00PM-3:00PM	Su
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SPRING SAILING CAMP (8' BOATS) 8yrs & up \$67

A three-day Spring Break camp for Sabot sailors that are ready to learn more advanced racing techniques. Must have completed Intermediate Sabot Sailing class.

24583	4/4-4/6	11:00AM-3:00PM	W-F
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PRIVATE LESSONS

Private and semi-private lessons in sailing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB

A rental program offered on Saturdays from 12PM-5PM year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$90 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

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HUILOKAHI.ORG

TENNIS CLASSES

You may register online by going to www.lbparks.org or use the standard Registration Form on the last page of this book. Make checks payable to FIRST SERVE and mail to 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at BJK or El Dorado Park Tennis Centers.

Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED!! Also, each participant is required to bring two (2) cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

Tennis courts are located at: Billie Jean King Tennis Center, 10th and Park Ave, El Dorado Tennis Center, 2800 Studebaker Road, Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Instructor: Los Cerritos (LC)-(Pastorini); Billie Jean King (BJK) - (Freischlag); Naples - (Inouye); El Dorado West (EDW) - (Pros) -- 10 weeks - NO CLASS SUNDAY 4/1

24336	Beg	4-5Yrs	3/19-5/21	4:30-5PM	M	LC	\$100
24337	Beg	4-5Yrs	3/20-5/22	3-3:30PM	Tu	BJK	\$100
24338	Beg	4-5Yrs	3/23-5/25	3-3:30PM	F	EDW	\$100
24339	Beg	4-5Yrs	3/17-5/19	8:30-9AM	Sa	EDW	\$100
24340	Beg	4-5Yrs	3/17-5/19	9:30-10AM	Sa	NAPLES	\$100
24341	Beg	4-5Yrs	3/18-5/27	9:30-10AM	Su	NAPLES	\$100

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Instructors: Marina Vista (MV) - (Freischlag); Los Cerritos (LC)-(Pastorini); Naples - (Inouye); El Dorado West (EDW)-(Pros); Billie Jean King (BJK) - (Freischlag) - Min 4/Max 11; 10 Weeks - NO CLASS SUNDAY 4/1

24344	Beg	5-6Yrs	3/19-5/21	3:30-4PM	M	EDW	\$100
24345	Beg	5-6Yrs	3/19-5/21	4:30-5PM	M	LC	\$100
24346	Beg	5-6Yrs	3/20-5/22	3:30-4PM	Tu	BJK	\$100
24347	Beg	5-6Yrs	3/21-5/23	3:30-4PM	W	EDW	\$100
24348	Beg	5-6Yrs	3/22-5/24	3-3:30PM	Th	MV	\$100
24349	Beg	5-6Yrs	3/23-5/25	3:30-4PM	F	EDW	\$100
24350	Adv	5-6Yrs	3/17-5/19	9-9:30AM	Sa	NAPLES	\$100
24351	Beg/AdvBeg	5-6Yrs	3/18-5/27	9-9:30AM	Su	NAPLES	\$100

YOUTH

Students must possess the following skills before registering: (Beg)-no experience (AdvBeg)-knowledge of ground strokes, grips and ready positions; (Int)-rules of the game, consistent ground stroke and serve. Instructors: El Dorado West (EDW) - (Pros); Marina Vista (MV)-(Freischlag); Los Cerritos (LC)-(Pastorini, Sleigh); Billie Jean King (BJK)-(Pastorini, Freischlag); Group Lessons: Min 6/Max 11 - 10 Weeks - NO CLASS SUNDAY 4/1

24352	Beg	7-15Yrs	3/19-5/21	4-5PM	M	EDW	\$120
24353	Beg/AdvBeg	11-15Yrs	3/19-5/21	5-6PM	M	LC	\$120
24354	Beg	7-15Yrs	3/20-5/22	4:30-5:30PM	Tu	EDW	\$120
24356	AdvBeg	7-10Yrs	3/20-5/22	5-6PM	Tu	BJK	\$120
24357	AdvBeg	7-15Yrs	3/20-5/22	5:30-6:30PM	Tu	EDW	\$120
24358	Beg	7-15Yrs	3/21-5/23	4-5PM	W	EDW	\$120
24359	AdvBeg	7-15Yrs	3/21-5/23	5-6PM	W	EDW	\$120
24360	Beg	7-10Yrs	3/22-5/24	3:30-4:30PM	Th	MV	\$120

24362	Beg	7-15Yrs	3/22-5/24	4:30-5:30PM	Th	EDW	\$120
24363	AdvBeg	7-15Yrs	3/22-5/24	5:30-6:30PM	Th	EDW	\$120
24364	Beg/AdvBeg	7-15Yrs	3/23-5/25	4-5PM	F	EDW	\$120
24365	Beg	7-10Yrs	3/17-5/19	9-10AM	Sa	EDW	\$120
24366	AdvBeg	11-15Yrs	3/17-5/19	10-11AM	Sa	EDW	\$120
24367	Beg	7-10Yrs	3/18-5/27	1-2PM	Su	LC	\$120
24368	AdvBeg	11-15Yrs	3/18-5/27	2-3PM	Su	LC	\$120

ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level.

SMALL GROUP: Min 6/Max 12. 10 Weeks- NO CLASS SUNDAY 4/1

Billie Jean King-(Pastorini)

24387	Int	3/20-5/22	7-8:30PM	Tu	BJK	\$155
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SMALL GROUPS

16yrs & up Min 6/Max 12 - 10 weeks

El Dorado West-(Unger) 9 Weeks - NO CLASS 4/2; 4/25; 5/5

24388	LowInt/Int	3/19-5/21	6-7PM	M	ELD	\$108
24389	HiInt/Adv	3/19-5/21	7-8:30PM	M	ELD	\$140
24390	LowInt/Int	3/21-5/23	6-7PM	W	ELD	\$108
24391	HighInt	3/21-5/23	7-8:30PM	W	ELD	\$140

Scherer-(Unger) 9 Weeks

24392	Int/HiInt	3/17-5/19	10-11:30AM	Sa	SCH	\$140
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El Dorado West-(Pros) 10 Weeks - NO CLASS SUNDAY 4/1

24393	AdvBeg	3/19-5/21	9-10AM	M	ELD	\$120
24394	Int	3/19-5/21	10-11AM	M	ELD	\$120
24710	Beg	3/19-5/21	7-8PM	M	ELD	\$120
24708	AdvBeg	3/19-5/21	8-9PM	M	ELD	\$120
24395	AdvBeg	3/20-5/22	9-10AM	Tu	ELD	\$120
24396	Int	3/20-5/22	10-11AM	Tu	ELD	\$120
24397	AdvBeg	3/20-5/22	6:30-7:30PM	Tu	ELD	\$120
24398	Int	3/20-5/22	7:30-8:30PM	Tu	ELD	\$120
24399	Beg	3/21-5/23	9-10AM	W	ELD	\$120
24400	Beg/AdvBeg	3/21-5/23	10-11 AM	W	ELD	\$120
24401	Int	3/21-5/23	11--12PM	W	ELD	\$120
24402	AdvBeg	3/21-5/23	7-8 PM	W	ELD	\$120
24403	Int	3/22-5/24	9-10AM	Th	ELD	\$120
24404	AdvBeg	3/22-5/24	10-11AM	Th	ELD	\$120
24405	AdvBeg	3/22-5/24	6:30-7:30PM	Th	ELD	\$120
24406	Int	3/22-5/24	7:30-8:30PM	Th	ELD	\$120
24711	Beg	3/23-5/25	9-10AM	F	ELD	\$120
24709	AdvBeg	3/23-5/25	10-11AM	F	ELD	\$120
24712	Int	3/23-5/25	11-12PM	F	ELD	\$120
24407	Beg	3/18-5/27	9-10AM	Su	ELD	\$120
24408	AdvBeg	3/18-5/27	10-11AM	Su	ELD	\$120

Billie Jean King-(Stone) 10 Weeks

24546	Beg	3/20-5/22	9-10AM	Tu	BJK	\$120
24545	AdvBeg	3/20-5/22	10-11AM	Tu	BJK	\$120

Billie Jean King-(Pastorini) 10 weeks

24547	Beg	3/20-5/22	6-7PM	Tu	BJK	\$120
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Marina Vista-(Pastorini) 10 Weeks

24548	AdvBeg	3/22-5/24	9-10AM	Th	MV	\$120
24549	Int	3/22-5/24	10-11AM	Th	MV	\$120

Los Cerritos--(Pastorini) 10 Weeks

24550 AdvBeg 3/19-5/21 6-7PM M LC \$120

Naples--(Inouye) 10 Weeks NO CLASS SUNDAY 4/1

24551 Int 3/17-5/19 10-11AM Sa NAPLES \$120

24553 Adv 3/17-5/19 11-12PM Sa NAPLES \$120

24554 Beg 3/17-5/19 12-1PM Sa NAPLES \$120

24555 AdvBeg 3/17-5/19 1-2PM Sa NAPLES \$120

24556 Beg 3/18-5/27 10-11AM Su NAPLES \$120

24557 AdvBeg 3/18-5/27 11-12PM Su NAPLES \$120

24558 Int 3/18-5/27 12-1PM Su NAPLES \$120

24559 Adv 3/18-5/27 1-2PM Su NAPLES \$120

SENIOR CLASS NEW

Experience all the health benefits that tennis has to offer. Take up tennis as part of an overall exercise prescription. Get involved in a sport you can play at any age or skill level. Tennis is a great way to improve motor skills, balance and coordination, build strength, develop endurance, meet new people, and have fun doing it! This is a NEW CLASS designed for our senior population ages 60+ years of age. Tennis is a sport with numerous health benefits for players of ALL ages. Tennis is also a tremendously effective fitness activity for seniors. All levels welcome. Special Rate for Senior Citizens!

Small Group: Min 6/Max 12. 10 Weeks

BILLIE JEAN KING--(Stone)

24560 Beg 3/20-5/22 11-12PM Tu BJK \$100

GAME NIGHT NEW

Come and have FUN PLAYING TENNIS! Point-play, games and drills will help improve your ability to win matches.

16 yrs & up Min 6/Max 12 - 10 Weeks

BILLIE JEAN KING--(Freischlag)

24713 All Levels 3/17-5/19 4-5:30PM Sa BJK \$155

CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social

and fun class for players of all ability levels. More fun than simply going to the gym! 16 yrs & up Min 6/Max 12 - 10 Weeks - NO CLASS SUNDAY 4/1

El Dorado West--(Pros)

24561 All Levels 3/20-5/22 11-12PM Tu ELD \$120

24562 All Levels 3/21-5/23 6-7PM W ELD \$120

24563 All Levels 3/18-5/27 8-9AM Su ELD \$120


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info@sctennisacademy.com

www.sctennisacademy.com

Valter Paiva
TENNIS ACADEMY
BILLIE JEAN KING TENNIS CENTER

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Find us on Facebook and Instagram

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(562) 266-8882

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www.valtertennis.com


SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG
Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804 or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

RESPONSIBLE PARTY _____**ADDRESS** _____ **CITY/ZIP** _____**WORK PHONE** _____ **HOME PHONE** _____**STUDENT NAME** _____ **BIRTHDATE** _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ **DATE** _____

CLASS#							FEE
--------	--	--	--	--	--	--	-----

CLASS NAME						
------------	--	--	--	--	--	--

CLASS#							FEE
--------	--	--	--	--	--	--	-----

CLASS NAME						
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METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____**CREDIT CARD #** _____ **EXP DATE** _____ **CCV CODE** _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.



While sitting in the open air surrounded by palm trees, strolling through the boardwalk esplanade or dining at our local eateries, your encounters are delightfully Southern Californian. Travel well. Travel Long Beach.



where the going is easy® [f](#) [i](#) [t](#) [lgb.org](#)

REGISTRATION FORM Please print and fill out completely

It's easy to register:



On Line: Register anytime.
Visit <http://activenet.active.com/lbparks>
or follow the link at www.lbparks.org.
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit
(or click submit and add family member
to register more people at the same address)



By FAX to (562) 570-3113
Confirmation will not be sent.
Retain publication for reference



By Mail: Send completed form and
payment (include address, phone number
and class #(s) on the check) to
City of Long Beach,
2760 Studebaker Road,
Long Beach, Ca 90815



In person: Bring completed form
and payment to office,
Monday-Friday 8am-5pm.
Office closed Feb 19 and May 28
For more information call
(562) 570- 3111

Main Contact

☐ Check this box if address or phone number has changed.

Print Name: _____ Address: _____

City _____ Zip _____ Main Phone (_____) _____ Work Phone (_____) _____

Birth Date: _____ E-mail Address _____

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume** all **risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature _____ Date _____

Please list separately additional family members living with the Main Contact.

Last Name	First Name	Birthdate	Male / Female (circle one)
1			M / F
2			M / F
3			M / F
4			M / F

Class #	Student Name	Class Name	Day(s)	Start Date	Time	Fee

Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds.

Total \$

METHOD OF PAYMENT

☐ Cash ☐ Master Card ☐ Visa ☐ AmEx ☐ Discover ☐ Money Order ☐ Check (payable to **City of Long Beach** include class #, complete address & phone #.)

Credit Card #:

Exp. Date _____

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

CCV. Code _____

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8am-5:00pm

Long Beach Parks, Recreation & Marine
2760 Studebaker Road
Long Beach, CA 90815



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